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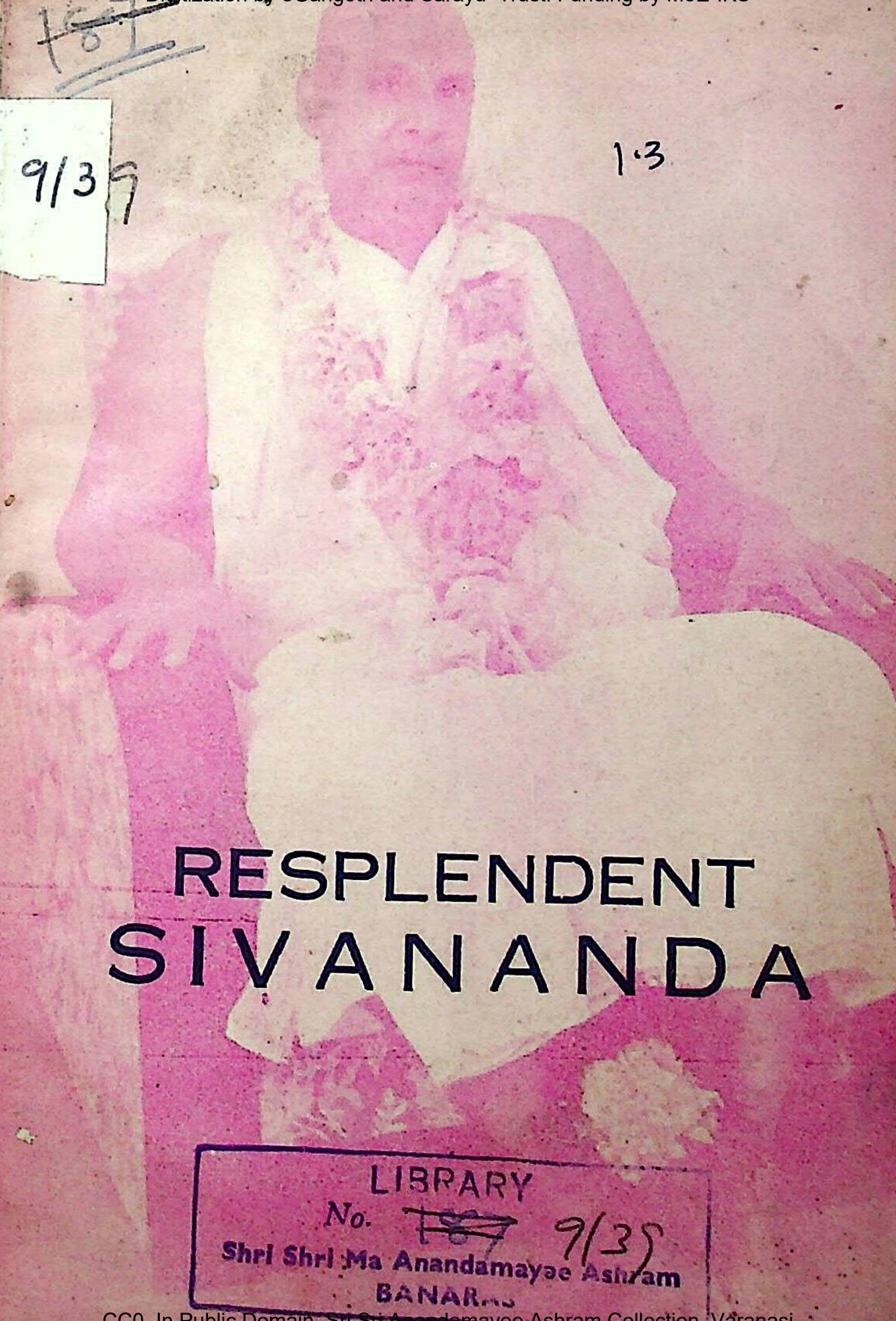

RESPLENDENT SIVANANDA

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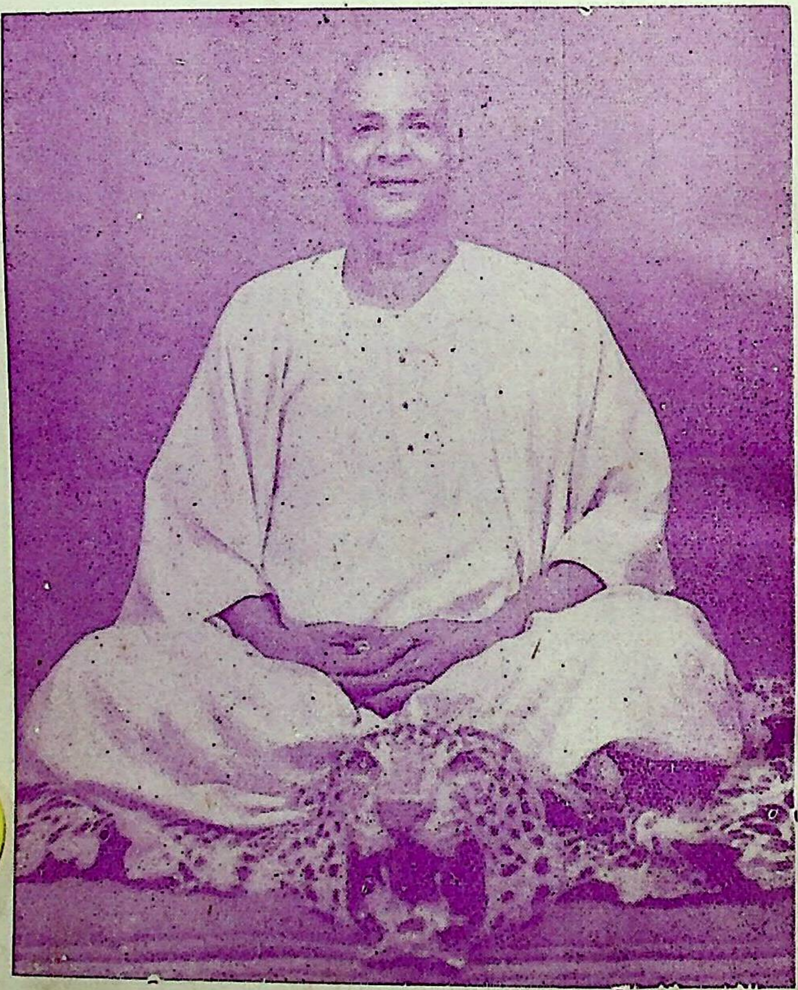
May Lord bless you,
With regards, from [illegible]
Swami [illegible]ananda



H. H. SRI SWAMI SIVANANDA

9/35

Platinum Jubilee Series No. 11

RESPLENDENT SIVANANDA

By

Sri Pushpa Anand, M.A., M.S.G.S., S.D.L.S,
Member, Sivananda Gyana Sabha
Star of the Divine Life Society.
[Vice-Principal, M.K.P. College, Dehra Dun]

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★

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★

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Printed
OUT OF THE DONATION OF
Dr. R.R. ANAND,
Panipat,

★

At
The Vigyan Press,
Rishikesh.

PUBLISHERS' NOTE

How quickly and thoroughly Sri Swami Sivanandaji Maharaj regarded as an Incarnation of God by no less an eminent person than the renowned author and social leader of Bihar, Sri Rai Saheb A.B.N. Sinha, conquers the heart of everyone who comes into contact with him is portrayed in this inspiring volume of sparkling wisdom.

This highly intellectual treat is not the product of the finite intellect: but it is the outpouring of the heart. In the pages of this volume are printed the flashes of intuition that illumined the heart of the author during her moments of meditation—meditation on her God, her Guru, Sri Swami Sivanandaji Maharaj. Therefore, the writings reflects the characteristics of Upanishadic utterances. And, justifiably so, for, just as the Upanishads struggle to describe the indescribable Brahman, here in this volume the author has tried to present to the reader the Resplendent Sivananda whose glory is transcendent, whose proximity silences the intellect, and whose very thought stills the mind and fills the heart with an indescrlbable bliss—all of which conspire to halt the pen and shame the brain !

Yet, the inspirational character of Sri Pushpaji's writings are the nearest approach to the Truth: and therefore, they are bound to take the reader nearest to the Heart of Sivananda where he is welcome to merge himself.

Publishers.

OM

This Precious Volume

Full of thoughts that generate Guru-Bhakti
is printed
out of the magnanimous donation of
Dr. R.R. ANAND, Retd Civil Surgeon, Panipat
and published in token of
the author's eternal inexpressible gratitude
to Bhagawan Sivananda
for the miraculous way in which
He recently restored to health
the author's venerable mother.
A single touch of his divine feet worked wonders.
May the dust of His Feet Protect us.

9/39

DEDICATION

Unto Thy Resplendence

O Lord Sivananda !
Thy feet are my lungs
A look at thy face is Moksha million times.
Duty first, beauty just, are precious
To you as Divine Trust
says 'Dust'

PRAYER

Let Sivanandam flow through our veins
Sivananda is our heritage, we must claim it right now.
Swami Sivananda is light; in him there is ever-spring.
Sivananda is every man's share,
Monopoly of none.

Gurudev, thou art the rarest gift
Bestowed upon us by God Almighty.
Use thyself sparingly, Sivam; preserve
Thy preciousness for our sake
For millions of years to come.

DUST

PROSTRATIONS

Prostrations to the boundless ever green glory of Sivananda. Prostrations to the dust of the path under the comforting feet of Sivananda. Prostrations to the vibrations emanating out of the sacred dearly cherished land of Sivanandanagar, which has hugged the pains of the mortals, appeased their hunger with spirituality and quenched their thirst with immortality.

Prostrations to the company of Lord Sivananda, Which filters the mind softens the heart, humanises the nature and adjusts the plain of consciousness.

Prostrations to the Emperor-Saint Sivananda, in whose light, wisdom and power the destiny of everyone swings to and fro. Prostrations to the glowing feet of Swami Sivananda, the sole protector of all, whose thought puts you in trance and touch awakens the Kundalini.

CONGRATULATIONS

Showing way to the benighted souls, thou alone can
humorise anything.

The handsomest Siva is surrounded by a congregation
of pestilent humanity.

Misusing thy benignity is fatal to us.

We look above to seek comfort from thy sacred
beautiful feet whose glory is indeterminate as
Infinite raised to the Power of Infinity.

Swami Sivananda is saint whose every phase is a saint.

This eighth of September, the most calculated of all
the dates, we celebrate joyously, thy

PLATINUN JUBILEE

LONG LIVE, SIVA ! SIVA, LIVE LONG !

9/35

❀ श्रीगणेशाय नमः ❀

Sri Sadguru Sivananda
ASHTOTTARA SHATADIVYANAMA
Stotra Rajah

(*Turiyananda*)

श्री सद्गुरु शिवानन्दाष्टोत्तर शतदिव्यनाम स्तोत्र राजः

(श्री तुरीयानन्द कृतः)

ॐ यदविद्याकृतंसर्वं यद्विद्यया निवर्तते ।
शिवानन्दमयं ब्रह्म तन्नौमि जगतां गतिम् ॥ १ ॥
यदनुग्रहपुण्येन स्तोत्रराजो महानयम् ।
नमामि मनसा देवीं वसंतीं मानसे मम ॥ २ ॥
जानेऽहं श्रुतितात्पर्यमशेषं येन दीक्षितः ।
भावये तं शिवानन्दमशेषजगतां गुरुम् ॥ ३ ॥

अस्य श्री सद्गुरु शिवानन्दाष्टोत्तर शतदिव्यनाम स्तोत्र महामन्त्रस्य तुरीयकामो ऋषिः, अनुष्टुप्छन्दः, श्री शिवानन्द महाहंसो देवता । श्री सद्गुरु शिवानन्द कृपाकटाक्ष द्वारा कैवल्यपदसिद्ध्यर्थे जपे विनियोगः ॥

अथ ध्यानम्

प्रसन्नं यद्वक्त्रं विकसितमथेन्दीवरयुगं
वियद्रूपं गात्रं करमभयमुद्रान्वितमथ ।
पदांभोजे भृङ्गाः कलिकलुषभङ्गा यतिवराः
शिवानन्दं ध्यायेच्छ्रितचरणमुक्तिप्रदगुरुम् ॥१॥

॥ हरि ॐ ॥

ॐकारबीजरूढाय सच्चिदानन्दसिन्धवे ।
परिपूर्णाप्तकामाय जगदंकुरहेतवे ॥ १ ॥
महासामान्यरूपाय परमाकाशशायिने ।
सर्वतन्त्रस्वतन्त्राय सर्वमन्त्रस्वरूपिणे ॥ २ ॥
हिमाचलसुताभर्त्रे निरूपिताऽनिरूपिणे ।
सर्वभूतहितकर्मसंकल्पधृतजन्मने ॥ ३ ॥
भारतीयकलाचारयशोमयमहात्मने ।
भरद्वाजकुलोत्पन्नपरमानन्दरूपिणे ॥ ४ ॥
स्वकीयवरसंपूर्त्यै यज्वेन्द्रकुलजन्मने ।
अप्पय्यवंशसंभूत साङ्गवेदस्वरूपिणे ॥ ५ ॥
श्रीमते, वेंगुपुत्राय, पार्वतीगर्भजन्मने ।
तस्मै पत्तमडापूर्व—पुण्यौघफलरूपिणे ॥ ६ ॥
भरणीजन्मने, कुप्पुस्वामिने, विश्वसाक्षिणे ।
जयदेवमहायोगिचरितामृतपायिने ॥ ७ ॥
ताम्रपर्णी तटे भक्त्या क्रीडते, चारुनृत्यते ।
बालगोष्ठीहृदंभोजवासिने, भक्तिदायिने ॥ ८ ॥

शिष्टाचारमयानन्दरूपिणे, ब्रह्मचारिणे ।
गायत्रीमन्त्रनिष्ठाय, वैद्यसास्त्रार्थवेदिने ॥ ९ ॥
'अंब्रोश्या' इति विख्यातपत्रिकाऽऽचार्यकर्मणे ।
स्वदेशजनसेवार्थं मलेयागतधर्मिणे ॥१०॥
'धर्मभूषण' इत्युक्त धर्ममात्रैककर्मणे ।
सर्वलोकानुकूलार्थं ज्ञानवैराग्यवर्मने ॥११॥
चतुःसाधनसंपन्नज्ञानविज्ञानभिक्षवे ।
अन्नपूर्णाकृपापूर्णभिक्षात्मकमुमुक्षवे ॥१२॥
विश्वनाथकृपादृष्टिकृतविश्वात्मदर्शिने ।
पांडुरङ्गपदांभोजसेवापरमहात्मने ॥१३॥
विश्वानन्दसरोजांघ्रिसमर्पितनिजात्मने ।
शिष्टाचारमयाकारमुण्डिने, धृतदण्डिने ॥१४॥
स्वामिने, श्री शिवानन्द नामामृत विदायिने ।
वारणासीपुरेशानसमस्वरूपलाभिने ॥१५॥
कषायदाहिने तस्मै नमः काषाय धारिणे ।
गङ्गातीरनिवासाय, ज्ञानगङ्गामयात्मने ॥१६॥
ज्ञानाग्निदग्धसंकल्पकर्मणे, चित्रकर्मिणे ।
सत्यसेवाश्रमद्वारा लोकैकहितकर्मणे ॥१७॥
ऋषीकेशनिवासाय, निगमान्तस्वरूपिणे ।
स्वर्गाश्रमेकृतस्वर्गमयानन्दकुटीरिणे ॥१८॥
काश्मीरादिकुमार्यन्तं परिव्राजकधर्मिणे ।
कैलासभूमये तस्मै कृतकैलासयात्रिणे ॥१९॥

'हरे राम हरे कृष्ण' मन्त्रार्थसुखवेदिने ।
नन्दगोपसुतांभोजचरणद्वन्द्वलाभिने ॥२०॥
अतिशीतलगङ्गायाम—तितीव्रतपस्विने ।
तपोवलमहिम्नेव साक्षात्कृतनिजात्मने ॥२१॥
जयराभवृहत्कर्मश्रितपादांबुजन्मने ।
गुरवे, परमानन्ददायिने, भवभेदिने ॥२२॥
मानिने, शान्तरूपाय, निजानन्दकुटीरिणे ।
दिव्यजीवनसंघोक्त संप्रदायप्रदायिने ॥२३॥
साधुलोकसभानेत्रे, श्रुतसाधुचरित्रिणे ।
सङ्गीतलययोगेन ब्रह्मविद्याप्रचारिणे ॥२४॥
सर्वलोकमतसंघस्थापयित्रे, स्वाधर्मिणे ।
वर्णादिभेदसंहर्त्रे, देशकालविभेदिने ॥२५॥
ज्ञानयज्ञालयस्रष्ट्रे, ज्ञानयज्ञस्वरूपिणे ।
विश्वनाथमहालिङ्गस्थापिने, मोक्षदायिने ॥२६॥
समन्वयमहायोगवादिने, तत्ववेदिने ।
ज्ञानभक्तिफलप्राप्तिरूपिणे दानयोगिने ॥२७॥
अरण्ये योगवेदान्तविश्वविद्यालयात्मने ।
प्रेमसेवामयीं शिक्षां कुर्वते, प्रेमरूपिणे ॥२८॥
वैद्यशालात्रयस्रष्ट्रे, वैद्यलोकाश्रितांघ्रये ।
दशोपनिषदांद्रष्ट्रे शिवानन्दमहर्षये ॥२९॥
शतत्रयाधिकग्रन्थसंकर्त्रे, ग्रन्थिभेदिने ।
शतायुषे, पुरुषाय, शतधाप्राप्तसिद्धये ॥३०॥

सलंकाभारते देशे चण्डमारुतयात्रिणे ।
भूमण्डलेश्वरश्रीमच्छिवानन्दयशस्विने ॥३१॥

सर्वधर्मसभाकर्त्रे, श्री शिवानन्ददायिने ।
शिष्यभूतप्रपञ्चाय, ब्रह्मनिर्वाणदायिने ॥३२॥

महामोहभवाब्धिस्थजीवलोकप्रबोधिने ।
ब्रह्मादिस्तंबपर्यन्तव्यापिने, ब्रह्मरूपिणे ॥३३॥

सर्ववेदान्तसिद्धान्ततत्वार्थसुखरूपिणे ।
श्रीसद्गुरुशिवानन्दस्वामिपादांबुजन्मने ॥३४॥

नमस्तस्मै नमस्तस्मै नमस्तस्मै नमोनमः ।
पौनः पुन्येन भूयोऽपि नमस्तस्मै नमोनमः ॥३५॥

न मे मन्त्रदीक्षा न मे तन्त्रविद्या ।
न मे वेदमार्गो न मे तत्त्वचिन्ता ॥३६॥

न मे तीक्ष्णबुद्धि न मे चित्तशुद्धि
विभो पाहि मां त्राहि मां रक्ष मां भो ॥३७॥

स्तोत्रराजो महानेषो यस्यैव हृदि राजते ।
शिवानन्द कृपादृष्ट्या तस्यैव परमा गतिः ॥३८॥

ॐ शान्तिः शान्तिः शान्तिः

RESPLENDENT SIVANANDA

A Brief Life-Sketch

The voice of H. H. Sri Swami Sivananda, the Yogi living in the Himalayas in India, is today heard in the farthest corners of the globe. It seems as though the spiritual power that radiates from Swami Sivananda has been gathering force during several centuries past; Swami Sivananda belongs to a family of saints who have striven to broadcast the message of the Vedas and who, wherever they were, echoed the ancient voice of the Himalayas (the Vedas, Upanishads, etc.) To mention just a few, the great Appayya Dikshita, the glorious saint Sundaraswamigal Mahamahopadhyaya Raju Sastrigal and Neelakantha Dikshita were among Swamiji's ancestors.

What is astounding and unique, however, in the case of Swamiji is that he first conquered the heart of those to whom, later, he delivered the Message of the Rishis. He himself tuned their receivers, as it were, to listen in to the Voice of the Himalayas that emanated from him. Thus, from the very commencement of his career, he adopted service as his motto. He qualified himself as a doctor of medicine and served the poor both in India and in Malaya.

Renouncing the world in 1923, he made the Himalayas his abode from 1924. An Ashram grew around him and also the Divine Life Society (established in 1936) to broadcast his Message of Divine Life. He founded in 1948 the Yoga-Vedanta Forest University to train men and women into Yogis and saints. In 1950 he toured the length and breadth of India and Ceylon, for two months during which he carried out an intensive and extensive programme of spiritual propaganda. He delivered his message over the All-India Radio and the Radio Ceylon, too, for the benefit of the whole world at large. Every seeker after Truth in any part of the world has come to feel today that mankind has in Swami Sivananda a true leader and a true representative of the ancient Yogis and sages of the Himalayas. Swamiji's Message has reached every country in the world and aspirants have come to feel that to follow Swami Sivananda is to be in tune with the Infinite.

Venkatesananda

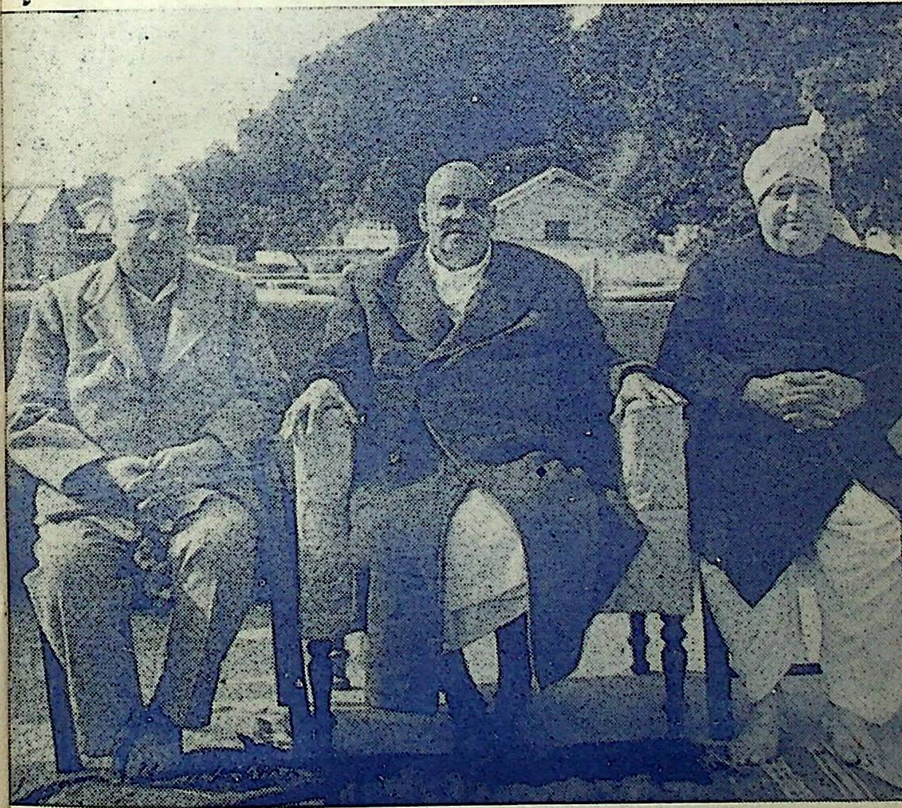
SIVANANDA AND CHRISTIANITY

Swamiji has done more than all Missionaries to preach true Christian life.

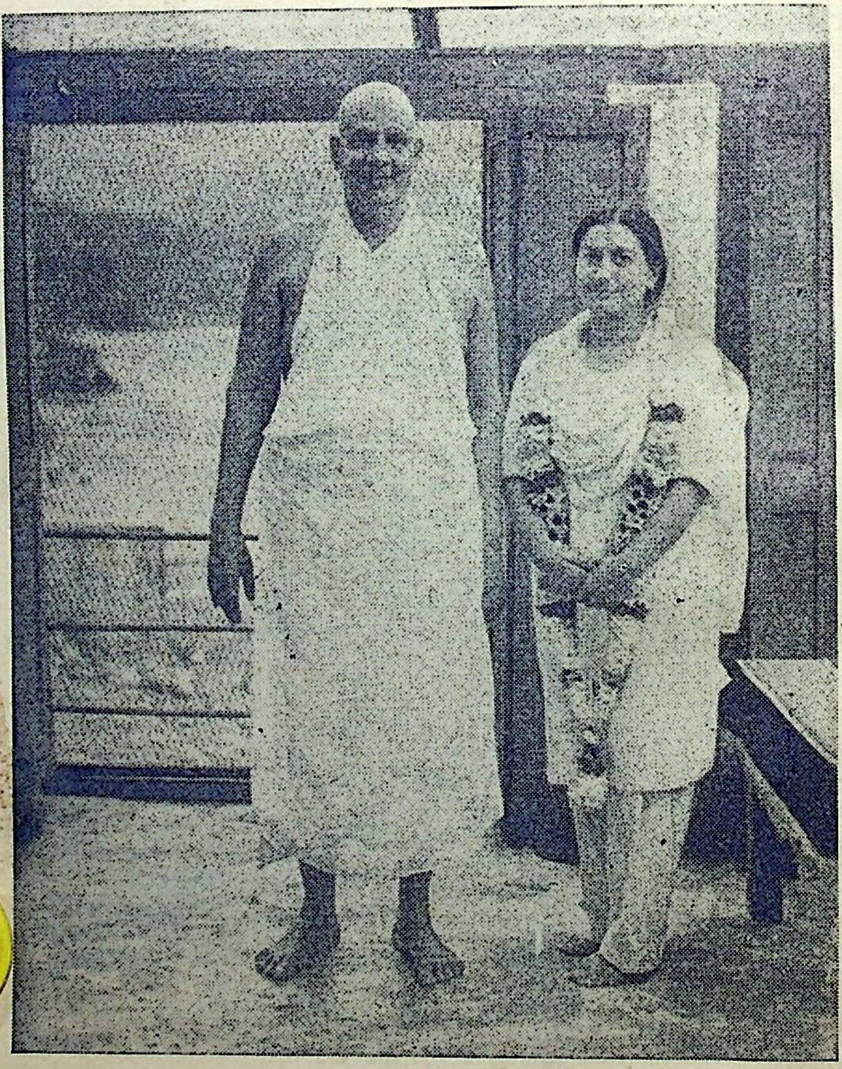
Christian missionaries have undoubtedly done fine, yeoman service in all parts of the world, in particular where they have given practical expression to the Love of Jesus by healing the sick and ministering to the poor; yet a Christian writer has recently said with more then a modicum of truth that Swami Sivananda has done more to spread the genuine, sublimely simple teachings of Jesus than all the missionaries who have preached the gospel in India, and this will be better understood when it is realised that the Christian followers of Swami Sivananda in all parts of the world are numbered by tens of thousands.

Lt.-Col. F.P. Foldney,
Torshavn

THE DONOR



Dr. R.R. Ananda (the author's father) is to Sri Swemiji's left.



H. H. Sri Swami Sivanandaji Maharaj
with
the Author, Sri Pushpa Ananda, M.A.

Sivananda's Letters To Pushpa

1- MEANING OF SELF-CONTROL

Ananda Kutir,
1-10-55.

Sri Sivananda Pushpa,
Flower-Dust.
Om Namo Narayanaya.
Adorable, Immortal Atman.
Thy kind letter, Bonguet etc.

Your article is simply beautiful. It always touches the core of my heart. It is simply an outpouring from thy heart.

Matru Devo Bhava. Let thy mother be your God. Serve thy mother nicely, whole-heartedly. This is service of God indeed.

Kindly do come during Navaratri along with Sushila. I have already given to you and the Doon-Mandali a standing invitation.

Sarvam Paravasam Dukham. Sarvam Atmavasam. sukham. All that is dependent is pain; all that is independent is happiness,

Self-control is the highest virtue. Forgiveness. patience, truth, sincerity, control of the senses, mildness, alertness, contentment-all these combined make for self-control.

May Lord bless you, Pushpa. Om Tat Sat.

Thy Own Self,
Sivananda.

2. SPARKS OF WISDOM

Sri Flower-Dust.

Om Namo Narayanaya.

Thy kind letter.

It touches my heart. It is full of prem, devotion and high sentiment.

Free thyself from attachment.
Discipline the mind and senses.
Identify not with the body-illusory.
Have balanced mind.
Serve all, serve the poor.
Be kind to all.
Annihilate the Vasanas.
Fry the Samskaras in the fire of knowledge.
Root out the surging little 'I'
Be Patient in difficulties and troubles.
Roar OM OM OM and boldly march.
Thou art Immortal Atma-Self luminous.
Self-realisation is the life's goal.
Tat Twam Asi - O Pushpa, O Flower Dust.

My Lord bless you.

With regards, prem and OM,
Om Tat Sat. Sivananda.

3. PRAYERS

14-9-55.

Sri Sivananda Pushpa,

Adorable Immortal Atman,

Thy kind telegram.

I am conducting prayer and Mrityunjaya Japa for the health, peace of thy revered mother and family.

Sent silk for Pushpa, Ananda Mohini and Brij Mohini and books for your friends who have contributed.

May Lord bless you all.

Thy Own Self,
Sivananda.

4. REAL STRENGHT

31-10-55.

Sri Pushpa ji;
Dehra Dun.

Om Namo Narayanaya.

Thy kind letter.

Pooja was conducted for the peace of your brother. I have written a letter to him too.

Sivananda-Found is a wonderful article.

I have sent new books with Chakreshwari photo with Ananda Mohini.

Self-effort is necessary for the attainment of God-realisation. Spiritual effort must be continuously renewed and patiently persisted in.

Your strength should not be the strength of the bank balance. It should be the invulnerable strength born of wisdom and discrimination.

May Lord bless you,
Om Tat Sat.

Thy Own,
Sd. Sivananda.

5. RAKSHA-BANDHAN

14-8-54.

Sri Pushpa,
Glorious Immortal Atma,

Fragrance is more and penetrating because there is flower, there is purity. Thy kind Rakshabandhan. I tied them to my hand—though I broke all ties...the tie of your affection and kindness and devotion.

Kindly come to the Ashram on the 8th. Bring Sushila, Principal Saheb, Santi, Amar and others. This itself is the invitation. You all should come to my place without any invitation. That is magnanimity.

My Lord bless you all.

Thy Own Self,
With reverential regards,
Sivananda.

6. THE PATH OF GRACE

March 29, 56.

Sri Pushpa,

Dehra Dun.

Blessed Atma Swaroop:

Salutations and adorations. Om Namo Narayanaya.

Thy loving 'greetings for the Holy' and the 'Gulal' to hand. May you all ever rejoice in the Bliss of Divine Life and may all days be 'Holy'.

The iron-piece has first to be 'beaten out' on the anvil, ere it could attain its desired shape; an aspirant, a true seeker after the Lord, must not regret having to pass through the ordeal of cleansing, a thorough purifying. At times, the pangs of pain and separation, of the hard and seemingly-cruel test, may be unbearable; yet the aspirant must always remember that this is the 'negative aspect' of the Divine Grace. It is only after this that the Grace flows into one and inundates one's whole Being.

There is no 'near' and 'far' in the realm of Reality; you are ever and always with me. My Lord bless you. With temple Prasad, with regards, Prem and OM.

Thy Own Self,
Sd. Sivananda.

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CHAPTER ONE

MEDITATIONS

Sivananda and Love are as true as the two sides of an algebric equation.

Even surprise is surprised at his ways.

Fortune is not theirs whose intellect is not open and eyes not bright.

A few knew Krishna was Avatar.

Sivananda is in the same line, too.

If we could only understand thee !

Life would be worth living.

Thyself is Beauty; we must not compare thee to anything for everything falls below thee.

I

SALUTATIONS

The Sun could no longer hide himself from me. Lo, I got dazed. Light, a strange of its kind, had never shown my way. Sitting in his office, he talked in his own simple way. He knew, I knew not, the veil of my ignorance was lifted and darkness taken over in a mysterious way. It was *Sivananda*—the SAGEST of all.

He who dwells in the Ananda Kutir
He who works from morn till night,
He whose life is Gita-lesson,
To him I give my salutations.

He who founded the Divine Life Society
He who prays for whole humanity
He who makes no distinction
To him I give my salutations.

He whose face is ever in Bliss,
He whose presence radiates Peace
He whose feet—my consolation
To him I give my salutations.

He who imparts knowledge divine
He who writes books of all times.
He who is all-compassion
To him I give my salutatins.

He who preaches 'Be good, do good'
He who shouts 'work is worship'
He who is ever in meditation
To him I give my salutations.

He whose religion is 'Love one and all'
He who is the Lord of great and small
He who is known as Sivaṇanda
To him I give my salutations.

Much have I had, much too much shall I have. The timely calls from shores afar, have saved me from running into a wreck. Coffee is your stimulating grace, buscuits are as nourishing as thy teachings and fruits are akin to the sweetness in you.

Thy legs are burdened and much more are thy Feet. The burden of the aching humanity is entrusted to thee.

To see you is not short of sight of Him,
They adore and sing for destruction of Sin.
What homage should come from my side,
Have nothing to offer, on such thoughts I ride,
I leave, thy Presence in mind, I find,
Thinking of coming again better in kind.
Time and again it came to pass.

Again I shall say, thy word, to me, is Law. What comes out of your mouth is TRUTH and further truth, father truth, leading to the farthest beyond which there is nothing to attain.

Meditation on Siva's words gives all that God can bestow. Thy word is perfumed with grace, graciousness like God Himself.

Flowers perfumed with glory and love, came to me as gift,
Those who wish to know should get their hearts first sift,
Delay not, march on, fear not, in Path were strewn, lest I drift.
Picked up wisdom of Siva, here and there, from his books, Gita's gist,
These are the gems of Siva's grace which brought a rift,
Into the clouds of ignorance, in its wake shed all mist
Such is my Guru, Sivananda. Few have understood him.

They lack the wisdom and intuitive insight which is the share of them whom Siva has chosen as fit to receive his light divine.

What can they do ? If I don't follow your sentences, it is because my intellect is a bar to make out what you say. Every sentence of yours is research for us, Siva, darling of crores. Standing on the shoulders of Gods who have surpassed the limitations of men. Siva stands on the highest pinnacle of glory and truth.

Don't hide your greatness any more. Thy gaze reveals how beautiful divine grace can be. Your eyes are gates to heaven and something more. They tell but eyes have no courage to look into EYES of yours, Sivananda, the master-mind.

Long live, thou Light-house, you are the refuge of countless souls who hurl against you every moment. Charged with fresh vigour, they come out better in strength, mental and physical and nonetheless spiritual, to cope with the onslaughts they have to encounter in the field of human struggle for existence.

My Kirtan is name of Siva. My Japa is thought of Siva. My meditation is constant remembrance of Siva. My work is homage to Siva. My mind is full of Siva. My goal is Siva. There is nothing to me what is not Siva. Therefore my diary can only be Mantra-writing. My Mantra is Siva. My world is Siva.

Thy language is often ambiguous. The charm of Muni-ki-reti is Gangesalright. The Himalayas add to its beauty divine. Vishwanath temple is enhancement to its glory. Ananda Kutir is crowning wonder of this place. But where lies the magnet that draws them all to this Place. Has Gita Bhawan not got all these aforesaid means to allure them to approach it. Needless for me to dwell upon the spirit, governing the land known as Muni-ki-reti. All charm is centred in you Siva. All glory is heaped on you. All adoration goes to you. All magnet flows out of you. Sitting at the top of the top, Siva, is pleased to sport. Go on, my Lord, draw more men, make them men, it is you who have to make them real MEN. Long live My SIVA.

II

BEAUTY INCARNATE

Siva, if I judge you what my eyes disclose I find you a beauty of beauties which belongs to another plane higher than the one you have descended to. By focussing my attention on your feet, thy beauty is revealed to me. A face, yes a face, what a face! When I call it blissful, it's Greek to me. For, bliss to me is a thing to be felt and much more to be seen. Could ever a child, a damsel, having decorated every bit of herself or even a youth of the handsomest category, laugh a laugh of yours, smile a smile of yours and bloom as you do? When I compare you to a child, divine child I mean to say, Wordsworth gets all justification: "The child is the greatest seer", because with your facial innocence is combined the wisdom of the ages. It seems God entrusted to you hands, feet and even height of His own. You are giving lessons by every action of yours. Many a time I tried to describe you, always I failed: and so do I now.

All right, Siva, you try it yourself. Enter my mind and see what you are to me. Let me see if you can describe yourself to me,

While sitting at your feet, I still crave the company of your feet. Does it not mean my goal is ever eluding my grasp howsoever near to it I may be brought. I find myself speechless and almost awed in your presence. Because every time I come before you you reveal something new to me. Today's Siva is different from yesterday's. Are you unfolding yourself like that ?

One request I am going to make to you: your world needs change. You know. People don't judge others correctly.

Another request, if you deem it proper, that I should be in such a world, make me one with it, so that I may not be a misfit: or else, take me there where this world shall not come in my way.

To sing with you, to laugh with you, to dance with you, are all meaningful and enchanting.

Don't you ever get fed up with all the ignorance which surrounds you ? What I mean is the vorious people with the still varied habits, temperaments, each one of whom takes refuge under your feet alone. If the feet could only speak, I would have asked them and not you, my master.

Siva, the Supreme Good, as I shall call you, you know how captivating and melodious your veice is ? Musicians of renown and singers of fame pay their homage to you by their songs sung in a way which exhibits their art and learning in the sphere of music. For hours together--sang--but honestly speaking when you started your sweet kirtan, no voice could dare campete yours; for, yours is a divine voice, Siva. Yours is an incomparable throat, unique temperament, unparallelled charm, matchless personality.

Did ever man descend on this eaoth iu a better gard than that of yours ? Why do you remain worried in giving us the maximum good ? Right from our spiritual uplift you care to see that we may not be deprived of anything however least significant it may be.

No body wishes to leave you, Siva. who has not taken leave of you with a laden heart; with tears in eyes, they come back rushing to you, when chance does favour them.

As if you don't know anything about your miracles which was describing to us all. How indifferent you appeared at that moment. I was trying to understand : is this Siva doing these miracles, at whose feet I am sitting ? Or some distant one ? My conscience said : "This and this alone who remains invisible to you, for to see him you have to get your heart and mind both purified to the core."

To khow you, Siva, one must have divine eyes and heart, too. How can that be unless you make it a poent to allow others your own looking around ? I know and know correctly, if there is a one whom I must approach to get all that I wish for it is thou and thou alone whose name makes me prostrate in full humility and reverence.

Don't let me go off the way of righteousness, your own way. For, I continue tessing this way and that.

With mind ever set on you, of course, which is the greatest solace and mainstay of my existence here, if you think of me but once a while I shall not go astray. Remeber this, my Lord, I am but only dust and that, too, of your feet, every particle of which looks and looks to thee alone for redemption and salvation. description of you shall ever remain incomplete. I can't help it. Give me wisdom.

SIVANANDA—The Saviour is serenity, infinity, veracity, auspiciousness, nectar, absolute, nobility, divinity, and awakening.

Meditation on any of your attributes can lead one to God-realisation. But I have found one who is the sum-total of those virtues. For me there is nothing more to achieve, nothing more to gain. My prayer to God is to come to me in that form alone which is dearest to me, and that one is the form of my Sivananda.

If thou permit me to say, I may; my my meditation starts and ends with one thought of Siva alone. In spite of taking so much of care, my ideal escapes me. Why ? I understand. The ideal expects much more of me. My defects, my faults and shortcomings don't let me accelerate my speed in overtaking my goal which seems to me ever running far far away from me. Thy grace shall bring thyself close to me.

III

SIMPLE-SAGE

Nothing is real. Siva alone is true. In Siva lies repose. Tensions must flee now. This was the message whispered gently into my ears by the soft breeze. The message came from my early abode Ananda Kutir. Siva, the Light, for we the mentally blind, may live and live on and on till infinity.

The Sivananda who dwells in my heart is transcedental; the Sivananda I behold with my eyes is a challenge to all beauties; the Sivananda who rests in my mind is the key-note to universal wisdom exposed in the Upanishads.

Simple Sage Sivananda divinises all fashions practised and shows put up by modern mankind. The unknowable Sivananda has taken a subtler turn towards those hearts which repel his Grace. Gurudev Sivananda has revealed to me, if I be allowed to say that which world-clouded intellects, lustre-lacking eyes, sin-hardened hearts fail to grasp. see and feel.

IV

PRICELESS SIVANANDA

No one can say what Sivananda is. Everyone tries to understand him. Some have simply made a fool of themselves. A few are on their way, others have taken a vow to go into the fathomless treasure of his Supreme Knowledge.

But look at my Siva, that gem whose price no one can pay; he just smiles, does not mock at anyone even if a dunce comes to him Can you guess what his smile stands for ? He is not within the reach of all. A few blessed ones may, some day, claim themselves as the luckiest ones of having proclaimed to the world that they have understood Siva; but not yet attained the Siva in him. Siva's word is signal for spiritual advancement in life. Siva's word is amendment in one's life. Siva's word is a landmark in the life of an individual. Siva's word is the soul of humanity. A word from the lips of Siva can change the history of the world.

Swami Sivananda, the symbol of unity and love, is emblem of the nation as a whole.

Accept me, thou Greatest of the great, as the dust of Thy blessed Feet who alone can guide.

And enable millions cross the ocean of birth,
Death and mighty gust, freeing us from lust,
Thou shall win us Immortality just.
Siva, my eyes are ffixed on the spirit in you;
For it hath charm greater than you.
Thy mercy has greatness, greater than you.
Thy love is more powerful than you.
How vast art thou, Siva, we cannot,
Still wish, to embrace thee.

V

LONG LIVE SIVANANDA

Siva has always to take the lead, my pem to feed. I lay my head on thy feet extending thereby the line, thou hath sheltered, rain or shine. Impregnable is thy nature, unassailable is the mind and heart stands alone.

You Baffle my wits. One is taken aback to see how much you give to all. Spare yourself for generations to come. Whem Sun and Moom stop giving light we shall look to thee. This is the earnest prayer of millions to thee. Where is the patience in men to learn all that you are an embodiment off. Where are the minds to grasp all that you speak and understand all that you mean.

You win all. None can win you. We gods make me worthy of him Whom I call mine. Pamallell lines meet at infinity. I lack all which Siva has. I know nothing what Siva knows. I follow not the simultaneous channels of thoughts condensed in thy short phrase like sentences.

Eyes set on the farthest shore, mind on the highest rung, how artistically you cast a look down to bless the aspirants and mitsgate the sufferings of the crushed. Energy runs forth into the body, Eyes begin to see. Hardly could we speak. Thy look has transformed. If I were am artist, One stroke could have sufficed for all the pages. Writing can only describe but colours cammarvel. Thy form is hampering my hand to move on. It does not proceed. I must rest in meditation on you. Good Bye till I come back to you.

VI

GLORY OF SIVANANDA

Prostrations on the feet of lord, Master of the Universe. Clothed in stunning serenity, robed in astounding sagacity wrapped in amazing mercy, here is Swami Sivananda a puzzle for the scientists artists and philosophers alike. Constantly looking forward, miseries to alleviate of the sufferers, unmindful of giving rest to himself, look; there is the man whose face hides beneath itself dauntless spirit, unflinching courage, stood firm ups and downs occurring since times immemorial, wrinkles have not the guts to touch.

Mind is no more mine, heart as well is thine. Uneasiness grips me and frees when I turn to thee. Depression seizes to flee at thought of yours. I have not understood my mind. Does it run away to come to you with greater force of devotion ? Or, is it subject to temptations ? You have disapproved for aspirants. Whatever the reason may be, I have to bow before you alone today or tomorrow or any morrow. This head is given to fall on your feet. Let it come to its place where it can dwell with no more of disturbance and hesitation.

Be my courage, Siva. Accept salutations from thy faithful servant. To sit before thee in perfect silence is meditation on thee. Let all my devotion and dedication be consecrated to thee. May you beloved of every one, allow yourself to be loved by me.

Do my prayers reach your ears ? If not, they are not genuine, I believe, and if they do they shall be granted definitely.

Ugh, the age you have chosen to appear is replete with tensions, matters not to you but what about we who fall a pery so easily. Thy world is night and thou art day. Thou art true as well as gay. Thy world is false off the way. A terrible tug of war I have to face; if I cling repulsion follows. If I keep quiet the charm is irrisistible. What a magic ! Adorable Lord, make life easier for me. Take away these charms or else enable me to resist the temptations. Howsoever fleeting the objects be, to my mind of weak calibre they appear otherwise. Thy ways are inscrutable. My loving greetings to thee be conveyed through me. To write on you is relief to mind. To go away from you is tension in mind. Still it runs after ephermeral things of temporary charm. In me there is nothing to bring it back, except offering prayers, coming from a heart which I dedicated to thee, that blessed day when first I dared inhale the bliss radiated by thy gracious look cast on me.

Thy bitterness too, is aglow.

Aromatic is thy personality. Thy real Swaroop you have not deigned to show so far. We have to toil hard. Our hearts must be clean; faces cleaner and minds cleanest of all. This web of humanity could only be woven by the strangest weaver like yourself, excuse me, my Lord.

Like Amarnath is thy glory,

VII

LORD SUPREME

Oh Siva ! My Siva ! I have known ! I have KNOWN !

My goal is Siva. The goal has to be tried for. The goal should remain far. The desire to live is based on the achievement of my ideal. The moment I realise You, I should not exist at all. This I don't wish for. You, as the worshipped; I, as the worshipper, both must be there till enternity. Complete mergence in thee is also not a desire with me.

With all my being, with all that I possess, I offer myself unto you in full prostration. May you accept me as thy instrument, as thy servant and thy own self.

To obey thee is law to me; not man-made law which is liable to change. It is the divine law. To seek thee is life to me. Living in thee is my fortune. Am I not right ? Won't you care to take care of me ? Let 'I' in me cease to exist. 'Thou' alone should remain. My thoughts, my actions and my words—everyone of these should manifest thee alone for if they don't they shall be meaningless.

You brought home to me what......"If storms come to our life, we must be happy; for the fragrance is sweeter after the rains and if we so live, we have not lived in vain"……implies. Very silently and effectively thou hath impressed upon me the depth of this sentence. You have saved me from going astray. Not only this, my path is insured that is what I am sure of.

Divine has manifested Himself in thee. Oh, kindly assure me if thou shalt ever manifest thee in me.

Vast is thy mercy. Great is thy generosity. Much more is thy charity. Supreme is thy silence. Extreme is thy kindness. Infinite is thy divinity. Mixing with all, you are yet a marked separate glory, purity and entity. How elastic is thy heart. How inelastic is thy will. The two extremes could only find expression in thee and not in any other he or she. Why should I not address you as Love, Mercy, Serenity…… . ? Like water in the vessel, rivers in the ocean, sweetness in the sugar, my 'I' should be to 'thou' of thee.

Yes, I have surrendered my all at thy feet. But I am not satisfied with this. My all implies my being full of weaknesses. These weaknesses have got to be divinised when they have fallen to kiss the holiness of thy feet. Am I not transformed then ?

All my hopes are heaped on thee and not in thee as you say hope is not in Brahman. Sivananda—the Brahman, when I look at the universe, I find thyself multiplied in we. I can't behold thy Virat Swaroop. My strength is failing me. O Lord, therefore, thyself alone is a consolation to me. Thy multiplied forms should also be seen in thee, The glory of "Ananda Kutir" is indescribable. Holy Ganges is still more proud of her purity; for thy cottage is situated on her bank. Do thou get refreshed in taking bath in mother Ganges or does mother get revitalised by touching thy feet ?

The stupendous being at the back of all the glory of Muni-ki-reti is thou alone Siva. Sivananda be praised; Sivananda be hailed; Sivananda be greeted with Jay, Jay, Jay.

Thy choice of residence is superb indeed. When world could offer no corner worthy of thee, you went to Ganges and asked her if she could let you remain far, far away where she would not be allowed to cast a glance at thee. Mother said, no, never can it be; thou must remain with me, Siva, no place but my own bosom is meant for thee. In full obedience to thee Ganges is ever on her feet to convey your message of love and selfless service to all whomsoever you have deigned to lift up from the oblivion of darkness to the height of sublimity and grandeur of thy own self.

To be in the company of a saint is a blessing denied to many. The saint on the Ganges is a greater blessing denied to many more. The company of a saint with Ganges and devotees sitting around him inhaling deep his spiritual vibrations is the greatest blessing showered on a few—myself being one of those "a few".

To be with thee Siva, is to inhale the essence of Upanishads and Vedas. Truth and Beauty are combined in thy voice, so melodious to the ears of humanity; like Krishna's flute you have charmed every heart with speech of silver and silence of gold.

What charm is there in thy silence, Lord. In silence you radiate the joy and bliss, one cannot pay for even if one offers the wealth of three worlds at your feet, for countless heads, an enviable seat. Hallowed is the place where thy abode is situated. We get sanctified at the thought of your Kutir. Then what to speak of when you appear to us in our dreams ?

Swami Sivananda, a specimen for sages to be, an ideal of saints who have been, the goal of those who have yet to be. Swamin, I love thee, sing thee and live thee. Thou art an adorable Lord, Lord of beings both great and small. Would you not take me up to the highest abode, where thou reside, where there is no pain or suffering as is there on this earth ? Siva, I bow so low to kiss the sacred dust of thy holy feet but my sins don't let me taste thy grace—the grace that shall enter my being with every particle of the dust I relish with my mouth, no more sinful, having come into contact with thee.

Thy magnanimity excels; greatness surpasses all. Why don't you allow me to share thy holy thoughts.

What do you say, if I say, all that I say should become exactly what you say. Siva, to describe thee' I fail miserably. No language, no expression, no style, nothing worthwhile is with me. How dare I, a weakling describe one above humanity. It is all

Siva's Grace. Moreover, I am not describing but only imploring Siva to be kind to me. May I beg of thee to bless me !

Heavens I can't see, unless you be gracious to me. The stage of thy consciousness is beyond me.

The problem requires not intellect but your grace to let it not remain unsolved.

In humble prostrations and out of adoration, I pray unto Thee, Lord Supreme, to bestow no more body upon me.

Glory to Guru shall echo from every pore
Of body I care to seek no more.

If thou shouldst desire to give more of births, pray give them only to sing thy glories and not for any other purpose to me.

Having attained my Goal—Sivananda—I must rest in Sivananda; that is the desire and the only desire with me.

Siva—my Master—promise to me, thou shalt never forsake me; instead shall ever let me remain like shadow to thee.

VIII

PRESIDING DEITY

On this New Year day, I ask a boon of Him, I owe my existence to, shower countless years of health on Sivananda, the Sage of the four quarters. Long live Siva, the Peace and Joy of the people. He alone laughs with all and weeps too.

Sivananda is no more a name of nine alphabets, but the Presiding Deity between Earth and Sky.

To obey thee is the privilege of a few and to revere is their fortune, too. Siva is perfect; who can beat thee in wit and humour ? Thy humour is education and wit is knowledge divine. Perfumed with wisdom are thy words, oh darling Immortality. What I found, gained and realised in you, no power can describe.

Siva is a child of all times. Siva is wisdom of ages. Siva is beauty unsurpassable and indescribable.

People of the world rush into the arms of Siva and rest there peacefully.

The head is worthless if it has never fallen on Siva's feet. The eyes have no light if they look not at Siva's feet. The heart is impure if it has no room for Siva. Mysterious are thy ways, Oh beloved of the men, women and children.

Swami Sivananda is a secret of God, not yet revealed to humanity. World has never known a saint like Sivananda. Who else can enjoy jokes so heartily but for you. Like an emperor of emperors thou walkest towards your Kutir, leaving us all behind, simply to get lost in the mystery of thy nature.

Swami Sivananda is a play of hide and seek. They alone shall survive who obey thee. This is the outflow of my mind. I offer it to thee, Siva.

IX

WORLD THRILLER

World Thriller Sivananda ! Today I can offer thee anything, everything, even my nothingness, because thou alone reignest supreme in my eyes. Now that you have drawn me close to thy feet, the feet shall protect me the same way as they have done in the past. Once washed by the kevat, it is these feet which liberated the meanest.

Permit me, Gurudev, to offer the feed of Love flowing from my heart without a pause.

A second is too long. I want thee continuously, endlessly.

"Sivananda", when uttered loudly, generates music in the voice.

Never, Never, NEVER shall I know thee; but I know there is a face like of which an eye has never seen and a voice and ear has never heard. At last I have found that face and heard the voice. Can my eyes now rest anywhere and ears be satisfied with anything less ? Siva, thou must live for ever.

Shutting thyself up in so many hearts to the joy of everyone, still thou appearest fresher than a new-born babe. Gurudev, I am the happiest and the luckiest. Thy mercy has brought me to thy feet. Let me behold ever and ever the light shining around thee.

Sivam, be sure, thou art pearless in beauty. Should I bring the mirror ?

Love of the world is nothing compared to the experiences of ecstasy one feels in loving thee, Siva.

The glory of Siva is beyond my tongue; love of Siva is infinite infinities put together. My heart is in constant touch with the blissful fountain-source, the dust of the feet of my divine Lord Siva. There is nothing more in the fourteen worlds which I wish to have. I have had the greatest desire fulfilled in getting a look at the life-transformer Sivananda, in whose love I bathe and swim heartily.

May thou, Gurudev, Love-Incarnate Sivananda, live out all times. My heart and eyes kiss thy feet.

Every cell of my body is awakening to the call of Sivananda.

Gurudev, herewith I furnish the details of my wish, the greatest wish. Can I, Gurudev, repeat the Mahamrityunjaya Mantra, for thy longest life, at every time, in whatever position I may be ? What more is there to die after, than to go on praying for the long life of beloved Lord Sivananda the supermost thought in every mind. May I go on taking births after births and see Sivananda as I see him today.

Blessed be Kali for whose redemption you had to descend upon earth. Supernal Sivananda, thou hath beautified even the ugliest and lightened the darkness, purified the impurest, lifted up lowliest, and guided the wayward. Enthralling dignity encircles thy poise. Touch of thy feet converts mortality into Immortality, darkness into Light.

My heart is flooded with the gratitude of devotion at thy feet. Let me offer my prostrations and be in a state of ease.

X

BENIGN SIVA

My deepest, sincerest, profoundest, prostrations on the way which receives my Gurudev.

Let my heart aching with devotion touch thy feet, for it is the heart which needs rest.

All those heads which have fallen at thy feet, even once, deserve to be decorated with Siva-Anandam.

Those who have at least imagined the bliss, derivable from thee, are worthy of being awarded the glories of heaven.

Those few who are afraid of coming nearer to thee, probably are the most blessed; for Sivananda Himself shall draw them closer to the feet.

Most benign Sivananda, however simple you may appear externally, excuse me, thou art not so internally. With the texture of thy simplicity, is woven the intricacy of thy divinity.

Thou art an Upanishad in thyself.

How I wish to hear thee speaking; for thy voice is supramelody, supra-sweetness and supra-uniqueness. It is much more soothing than the Mantra-recitation of the Vedas. One gets almost wild with joy when thou utter thy stylish "hum hein".

Siva, give us magnifying glasses, so that we may see thee. These physical eyes have always failed to behold thee. Teach us please, teach me, Gurudev, Siva, teach us, pray the language of silence, which is thy peculiarity. It is this language which can enable us to have communion with thee.

XI

DIVINE MAKER

Mystic, meticulous, munificent. magnanimous, melodious, merciful, mysterious, modern, mighty, measureless, means my Master.

Systematic, Symmetric, sharp, subtle, sweet, swift, sprightly, strapping, singular, sagacious, sightly, salvation, salutary, songster, scholar, saviour signifies saint SIVANANDA.

The whole atmosphere is purified if you entertain a thought of Sivananda. The mind, intellect and soul of the thinker get sanctified simultaneously and then a reflection of that pure form casts shadow all around which makes impurities take to the heels.

How thrilling, electrifying, inspiring is name "Sivananda". What a peace-giving, bliss-infusing, wishfulfilling is name Sivananda.

Swami Sivananda is hope in every heart, aim of every soul, aspiration of all beings.

Continuous adorations, endless salutations, eternal prostrations on the feet of Gurudev which radiate salvation.

Can anyone be luckier than the hands which write Sivananda ?

The earth attracts all things towards itself. Siva draws even earth towards himself, for he is the ultimate goal of earth, fire, sky, water air, etc.

Gurudev, who can estimate my good fortune in getting the privilege of loving thee ? The reason for my being blissfull is thou. May I know why you are immersed in bliss ? What thoughts prevail in your mind—tell me my supreme Gurudev, most adorable Gurudev; most charming Gurudev.

Oh dear ! Say once I belong to thee. Can I ever think of leaving thy abode without seeing thee ? Thou art eternally lodged in my heart, eternally smiling in my mind, eternally shining in my eyes. Nothing can take thee away from me. I have got thee for ever.

Oh God, grant my Gurudev, greatest span of life on the earth. Thy works are carried out by my Gurudev. Leave Sivananda to us; we want nothing else. Give us Sivananda, we shall not bother thee for anything.

Siva, my Supreme Master, there is only one desire with me that thou must live long. My prayers are for thy long life. My entreaties unto thee are to let thyself live long. Thy presence is enough to melt our sins and dry up our weaknesses A Guru is always great, but a Guru like Sivananda is Guru of Gurus. Siva, thou art the greatest, really greatest, greatest of all saints. Nay, thou art even something above the saints.

Hey Prabhu Sivananda, your wisdom is superior to Vedas. Your greatness is much greater than

Upanishads. Your charms are more magnetising than the gravitation of earth. May I be allowed, if thou wish, to seek the shelter which thy feet alone can bestow? Sivananda is very very high. How many Himalayas can fill up the depth of thy greatness one can't say. A meagre mind like mine is drowned and loses itself to imagine thy height. So much so if it wishes to think of thee, now it is not possible, for there is no mind.

XII

FRAGRANT SIVA

The twigs of the trees laden with leaves rendered silver-like under the patronage of this moonlit night are full of thy fragrance, Siva, my Master.

In the voice of the person who is singing Hare Ram—at this hour—it is thy presence alone which is wrapping me all over.

Every brick, every room, every floor and every roof speaks of thy monumental glory. Even the smallest wee-thought daring to enter my mind personifies thee, my Master. Aching with tons and tons of energy are the pearls coming out from thee, one need go on picking them ceaselessly. Good God there is hardly any strength left in me to utter a word to shield the lame-excuses put up by me and thrown out of hearing, completely by Sri Gurudev.

Dining with thee does not befit me, although I have had it at thy command. Therefore, I may say, not going out of my way: There is nothing else, absolutely nothing, left out to tempt me when once I fill myself and start overflowing with the bliss I derive from thy sight. Gurudev, I don't know if I am able to convey my whole heart to thee, when

I just express my wish of denying every thing else, however charming and tempting it may be except thy gaze. Which dish can now satisfy my palate ? Which face can make me look twice at it ? Which diversion can draw me towards it ? People might take it as a show or a boast or simply falsehood on my part; but to please the people, to convince them is not my headache. Sivananda is everywhere. Eyes, please try to behold him. He is.........you know, wait, I shall describe later on; but for the time being I put a full-stop of silence.

XIII

MERCIFUL SIVA

Let us see, if at all we wish to see, Siva with the pair of eyes bestowed by the merciful Almighty. There is no use runing after specks or getting the eyes tested and even searching the Gyan Chakshu. They are superfuluous. Siva, the subtlest becomes otherwise for us. We want to see him as he can be perceived by eyes: His hands, feet, ways of walking, talking; his actions of different significance; even the sound of the stick he carries and the peculiar look he sometimes casts on those around him, the melodious utterances more akin to phrases, the coloured clothes shining around the divine personage lending a touch of beauty and pointing to the way of liberation from afflications and showing the path of sutablity defined in scriptures to be practised in every walk of life.

The Sivananda known as Invisible does become visible when we attempt to visualize him with all sincerity truth and devotion.

Give your best to him unhestitatingly, unreservedly most willingly. That is my prayer to all.

XIV

SIVA IS GOAL

Whose fortune is greater ? It is that of the sight or one who enjoys the sight ? What is most attention-drawing in the evening sat sang gathering. To my mind, which goes on imagining the charm of the facial expression of sri Guru Dev, itis the FACE of is vananda because it plugs my ears and does not let me hear anything but only see His Face. Can any sculptor of this world chisel a nose and the lips, chin, eyes and a unique cut of which any beauty can feel proud ? Perhaps there is a different God other than the one who created the universe: whose hands made Sri Gurudev's hands and feet and face and the rest.

I may be anywhere; may not come to thee at all; fruits are about to finish; all prasad may have been distributed—all this has no room in my mind. There is one link, one wave which never subsides, but goes on increasing and that is the exclusive thought of Sri Sivananda. Even when I am looking sideways, North or South, while talking to A or B, sitting in front of thee or behind Thee, I have yet to see who can put a check to the flow of thoughts which run towards Thee, very very extremely superb, distinctly spelling bliss, inspiring, divinity-provoking, grace-infusing, my most beloved, nearest-to-my-heart, my soul-elevating, my sweetest, my supreme goal—Sivananda, the eye-sight in me,

XV

GRACE OF SIVA

Throw them back in to the Ganges for purification, if each one does not assume concrete shape and speak itself what it stands for; I mean the words I use, to amplify thee to be visible to the weak eye-sight of humanity who is sunk in the abyss of ignorance.

The sky-high Sivananda, lore-studded Gurudeva, Grace-emitting Satchidananda, Love-infusing Siva, mercy-laden Gurudeva, let me decorate thy path with flowers of my loving prostrations,

Let thy feet, Gurudev, be fitted into my eye-sockets.

Come to me, my Lord, when there is silence deeper than darkness. May those moments be eternal when I gaze at thee. May those seconds be endless when I sit in thy presence. Who can be more patient to endure all that we say than the image installed in every heart.

Into the stillness of rivers and surfs of ocean, into the solitude of night and noise of the day, what shines hereafter and today, my eyes witness not anyone but Sat-Chit-Ananda Sivananda.

However frail in intellect and feeble in mind one may be, thy name pumps in the energy, rejuvenation, enough to break the mountains. All things great and small, high and low, kneel down, when thy name is uttered. The trees have borne thee homage in fruits,

To know thee, one must become restless. All that I wish is to keep looking on, just looking on at thee. Whereas day welcomes thee in the light of sun, night receives thee in the light of stars. Dust receives thee, all upon itself.

Glory of Siva is the highest pyramid, whose vertex has pierced through the sky and gone beyond.

I have no 'no' for thy commands. Despite all the foolishness, prone to commit follies and think what is unwise, I am trying to apply thy Grace to act according to thy wish. If I fail, I failed to deserve thy Grace. If I succeed, it is thy success. Glory be to thy Grace.

The sun feels small before the warmth of thy heart. Are you anything but a loving heart ?

Oh God, grant us the kingdom of Sivanandism where all isms vanish and truth glitters, clad in the robes of Sivanandam. Heavens in thy bountiful graciousness may we trust and let our prayers confide to get a promise from thee that our Gurudev Sivananda shall live longer than anyone has lived so far. Under the godly protection, projected by the arms of Lord Sivananda, let us test thinking of him and ignoring the rest, in thy universe, oh Brahman the great Atman in whom are immersed all individual souls.

If there were no Sivananda, many would have gone to pieces, both mentally and physically. Lead me on to thy feet, for there is nothing to be known beyond thee. Millions after millions are getting reborn into intense Mumukshutwa, through the magnetic touch of thy grace; but the immense good which I have drawn from thee makes me believe without a second's delay that thou hast descended in Kali Yuga to pick me up for the magnitude of my sins needed God Himself for my Liberation.

With all the reverence, I owe thee how can I beg thee to look beneath thy feet, for thou shall see me there.

XVI

EPOCH-MAKING SIVA

Let us bedeck Sivananda with devotion and dedication, contributed by hearts who handed themselves over to him. The path studded with the footprints of Sivananda is worth treading on our heads. Sivananda is all-light; he can be seen, not touched by hand. Imperial in looks; commanding in ways; tempting in grace .....Sivananda is not understood so far. Gurudev ! there is a continuous fire smouldering in my heart, fire of separation from thee. It kills me violently. I may be laughing apparently, but the sadness is the hidden consumation in me.

Epock-making Sivananda ! I don't know which way to look at you. Thou art so extensive, so stretching. Like a drop to know the depth of the ocean, vain is my search.

My love for thee is independent of thy mercy, grace and greatness. You can take the hardest turn to me, ignore me to the highest extent. throw me on the surface, lower than where the lowliest remain. If in such moments I happen to forget thee Siva, let any kind of torture be my fate.

XVII

WISDOM-CUM-LIGHT

Will thou, freshness of the majestic order, fragrance in Jassamine, Beauty in Truth, wisdom-cum-light Sivananda, Gurudev, dearer to the hearts near and far from thee, mindful of good, heedless to the defects found in us, redeemer, liberator from birth and death, fearless, bold, sweet-natured, mild, gentle, genteel, child and childlike, supermanhood and godliness incarnate, reservoir of calm serene thoughtfulness, deeply laden with glory of lovely lovingness embedded with Sivanandam, Immortal Sacred Shrine of Upanishadic culture, Sivananda, Guru Dev, elevation of sky, now tell me my goal, ignoring the time limit, neglecting the work at hand, will thou lend thy large-hearted, unfathomably meaningful and knotty gaze a bit to the 'dust' rolling under thy Precious Feet ?

XVIII

SUPERMANHOOD

Matchlessly unique, tremendously interwoven with the supermanhood and the every-day man's look at the intricacies of day-to-day human problems, profoundly endowed with the knowledge of God and world, deeply engrossed in the divinity of His own Self, belovedest of all the beloveds that may have ever been and shall ever be, is my, I must say, my, in spite of my being known as selfish; indeed my, whom I can never but say mine……now guess who is He!

Can he be anyone else but the one thought uniformly with me, my Gurudev, Sivananda. Unique is thy uniqueness.

The light in my eyes, the word in my mouth and the wholeness of my body, mind and soul, and everything in me is his possession whom I love more than Love, believe it or not.

Gurudev, wilt thou agree to accept my poor love, Gurudev, please, please Gurudev?

If the answer is "Yes". cent per cent marks.

Otherwise a big zero.

XIX

BEYOND THE HORIZON

Let my eyes be on the feet and have their fill, Gurudev. How many have wept themselves out on the support of thy benedictions and got "injectment" of placidity, wiping out all hope for hostile currents to play any part ! Thou permit us to play with thee and keep up a terrorsome guard as well. When we mistake in thinking thou art close to us, at that very moment thou set us right and put us off the track, making thyself invisible, beyond the horizon of eye-range.

May thou stand steep as the highest pinnacle of glory, but let us form the base to offer rest for thy feet.

XX

QUEEN OF GRACE

Sivananda, the queen of grace has conquered the territories of the hearts of the inhabitants dwelling every inch of the globe.

The conquests of Sivananda and those of Asoka stand as a marked contrast. The former has shed a flow of wisdom and love, the latter only blood.

The ancient kings fought and gained extension of land, addition to their treasury of wealth. Sivananda is distributing the riches of his incalculable store of magnanimity filled with the knowledge transcending human limitations. The glory of the mundane kings extinguished after and flickered during their sway.

The glory of Sivananda is the light of the day and way till eternity.

XXI

CAPTIVATING SIVA

The flame of love which lickers out of my heart goes on comforting me because the object whom it has taken shape to envelope has already taken in embrace both the flame and the heart.

The bewitching smile which blesses humanity every minute is the divinity of my Gurudev in whom world finds golden age. But for the gracious looks of my Gurudev millions would have gone simply weeping throughout their life. Was God ever loved more in any other form except that of Bhagawan Sivananda ? Those chosen few upon whom thou hath taken mercy and called to thyself are the rarest themselves and their fortune is still rarer and dearer.

Oh Krishna-Swarup Gurudev ! what words can describe thy mischievous Swarupa ? Thou hath surpassed even Krishna. How superb are thy naughty ways ! How playful are thy moods ! How daring is thy spirit ! How lovely are thy expressions ! Every inch of thy turn is captivating and elevating.

All-Glorious-Feet of Gurudeva ! Am I thy accepted dust ?

XXII

TARRY NOT

Kindly take it, drink it beloved Siva. I have brought it fresh from the source. There is a spring of love no one knows. It is in my heart, meant for thee exclusively. Tarry not, gulp it down, O Sweet, Soothing Sivananda.

Sivam ! my tongue be paralysed the moment it misses thy name; can any one say I did ?

Guru Dev, Mukti as I took it is uttering Long Live Sivananda, Long Live Guru Deva, Long Life Sivananda, Long Live Guru Deva, Long Live Sivananda. Long Live Guru Deva. Long………………….Live……………… Sivananda……………Long……….Live ……….Guru-Deva……….thus one gets breathless.

XXIII

BOOK OF GOD

Swami Sivananda is a book of God, free from error. Swami Sivanand is the only thought which sustains life and enrichess soul. Swami Sivanand is the most human of all human beings and the greatest of all manifestations of Divine. Swami Sivanand is to be lived, not only to be aspired, by all. Swami Sivanand is a wonderful Pick-me-up.

SWEET SWEET
SWEET IS OUR GURU DEV.
WE ADORE HIM.
WE PRAISE HIM.
WE LOVE HIM.
WE LIVE HIM.

How well have thou, Love embodied Intellectual Beauty, chosen to assume the form of my well-beloved Guru Dev whom Love itself loved to know what Love is.

XXIV

BHAGAWAN SIVANANDA

My mind is filled with veneration, heart is drowned in adoration, Soul is plunged in deep gratitude at the sight of Sri Satya Bhola who has played the greatest role in my life in bringing me in touch with the highest Joy, fountain of Supreme Love Sri Guru Dev Who has put an end to all ignorance, darkness and much more akin to these. The only way in which I can express my feelings towards her is my prayer to Sri Guru Dev that she may also partake the Joy, my Joy in praying to God to grant the longest span of life to my Beloved Guru Deva, Bhagwan Sivananda.

XXV

SIVANANDA BEWILDERS

The chief beauty of life lies in the glow on face surpasses the bloom in the buds; eyes stand as challenge to love that might have been shown to mankind,

Can anyone claim the boldness to resist the charm flowing out of this face ?

The Creator Himself got lost in the bewildering, precious tenderness of the make up of thy unassailable personality. May thou keep on smiling till every sorrow stricken heart smiles back at thee.

XXVI

CROWNING GLORY

In thy Presence, sitting at the feet of thee; still waiting for thy arrival to be in the company of thee, New Year has approached with all its best and excellences to crown thee with the Himalayan glory. Different significance,...do thou know what I mean Gurudev ?

Live on and on and on and on, till Infinity.

XXVII

THE ONLY WAY

Even the most vicious deeds of mine are incapable of getting me dried up from the wetness I have gained through an immersion into the ocean of gratefulness, every soul in the mighty Universe owes to thy feet, Sri Guru Dev, the One Lord, Supreme Lord, Lord of all Lords.

Judge me not, thou, the infinitely extended personality, by the actions I commit.

To me what rhou choose or decree, is nothing but the ONLY WAY.

Thou hath granted me room under thy feet, that me in me who has hardly thought of any good; is the greatest surprise, the most wonderful wonder of my life. There is nothing worth any worth I possess to show my heartfelt gratitude to thee my Lord, except praying to thee to give me countless births to sing thy glories.

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XXVIII

LOVE, BEAUTY, TRUTH

LOVE

To address thee Guru Dev as love, does not appear enough. Still I do so because I find all love in thee, Thou art the culmination of love hence I address thee as thus Guru Dev. The ocean of love which flows out of thee is more than a match to extinguish the fire of hatred smouldering in the hearts of the worldly people.

BEAUTY

Gurudev essentially you are beauty in full bloom. There is a secondless peculiarity in the beauty which has proudly confined itself in thee. There is beauty in in your thoughts, beauty in your words and beauty in deeds. There is beauty around your seat; beauty in your feet. Sivananda, how beautiful you are ! Eyes wish to gaze uninterruptedly. Will thou allow this liberty ?

TRUTH

Truthful exponent of truth, Sivananda alone is truth. People behold him variously. Some see love, some see beauty and some find truth, but some say he is not one but all these three.

May we come and meet these three, Sivananda, in thee ! Gurudev !

XXIX

HOLY COMMUNION

Swing on the rope of holy communion with thy highest excellence and float on the surface of the ocean of enchanting intimacy with the exaltation of unheard manifestation of Divinity, Bhagwan Sivananda whose magnanimity, sagacity, cannot be accounted for and compressed by any boundary of words, who shall be an endless wonder, a mere puzzle to the world, humanity is struggling for.

Glories upon glories may crown thee. Future does not ascertain scientific possibilities for attaining an equal to thee.

Thy feet we keep in the balance of our eyes whose fulcrum lies in the centre of the forehead.

Prostrations to the Holy, Enlightened My Master, my Lord Sivananda whose graciousness has allowed me to gaze at his feet and derive solace therein.

XXX

UNSURPASSABLE SIVA

In this world, there are minor worlds made up of thought stitched with every mind which when opened will make only one loose garment fitting all. Superior to all this there is a Universal recognition that Sivananda surpasses the world of to-day and to-morrow. Those who disbelieve this are not agreeing with the honesty lurking somewhere in the midst of a huge pill of Samskaras of diverse nature. Likewise they who live in the thoughts of their Guru Dev Sivananda, are likely to run short of time to do Japa, study and service of some kind, Let the day be increased O Lord, I don't get sufficient time to think of my Sivam,

CHAPTER TWO

PHILOSOPHY AND TEACHINGS OF SRI SWAMI SIVANANDA

JAI SRI SIVANANDA GURUDEVA !

Life is disdainful when there is deletion of the thoughts of Sivananda. Life is replete with aroma of grace when minds are steeped in impersonal Swarup of my Gurudev Sivananda, all-pervading consciousness.

PHILOSOPHY AND TEACHINGS OF SWAMI SIVANANDA

(*Compiled from the works of Sri Swami Sivanandaji Maharaj by Sri Puspa Anand, M. A., Mahadevi Kanya College, Dehra Dun*).

1. THE NATURE OF GOD

God is the spiritual Reality, creating, sustaining and dissolving the universe. God is with and without form, He is one. He is gross and subtle. He is with and without attributes.

God is both like us and unlike us. Like us in having knowledge, joy, activity, etc, unlike us in being omnipresent, omniscient and omnipotent, and in being the independent or Self-dependent Reality sustaining the world.

God is immanent and transcendent. He is the indwelling and ruling Spirit in atoms as well as in souls. God has consciousness for His essence. God is the determiner of destiny. The entire world swims in his infinite Consciousness.

Brahman is the Witness or the subjective Self. It can never be known as objective. It can only be Itself and ever conscious.

Atma or the supreme Soul abides in your heart. Seek it by plunging into the mysterious depths of your own inmost being. God is eternally free. He is perfect. To realise God is to attain freedom from the bondage of illusion, from the cycle of births and deaths.

Brahman or the Absolute is neither that which had an origin some time, nor that which will end at some time. It is really eternal. Brahman is the Lord of all. He is the Internal Controller. He is the one Source of all, the origin and dissolution of all beings.

Atman, witness of waking, dream and deep sleep states, knows no limitation of time, space or causation. The Absolute is eternally perfect and free. It is without contradictions. The Infinite does not exclude the finite, and yet there is no conceivable relation between the two.

Atman is not very far away. He is the Bliss-Consciousness to be found in your own heart.

The Absolute or Para Brahman is Infinite. It is supra-rational. Though it transcends thought, it is not unconscious. Brahman sees but cannot be seen, hears but cannot be heard, knows but connot be known. How can the Knower know the knower as there is none else besides Himself ?

He who knows the Atman or the Eternal Self and has his being in it, he alone lives a worthy life. Such a one can truly be called a Brahmana or a liberated Sage.

2. THE NATURE OF MAN

Man is in essence, the all-pervading immortal Soul. He identifies himself on account of delusion and ignorance with the five illusory Koshas or sheath—the Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya, and thinks that he himself is subject to the various changes.

Man identifies himself with the Annamaya Kosha or the physical body and when the physical body is burnt, he thinks himself burnt. He becomes attached to son, wife, cattle, wealth, house etc. on account of ignorance (Avidya) and thinks himself to be the owner of them.

The body is a product of five elements. It is entirely distinct from the real Self. Tbe ignorant man is bound to Samsara by mere delusion, by the false ideas of 'I' and 'mine'.

Man identifies himself with the Pranamaya Kosha and thinks 'I am hungry' 'I am thirsty' 'I did this'. The Pranamaya Kosha is quite foreign to the real Self.

He identifies himself with the Manomaya Kosha and regards himself as the thinker and thinks, 'I am angry', 'I am lustful'. The Manomaya Kosha is entirely distinct from the real Self of man.

Man identifies himself with the Vijnanamaya Kosha and regards himself as the cognizer and thinks, 'I am intelligent.' 'I know everything', 'I am the enjoyer.'

He identifies himself with the Anandamaya Kosha and feels 'I am happy.' Both the Vijnanamaya and Anandamaya Koshas are quite foreign to the real Self of man.

Man is caught in the traps of ignorance, egoism, likes and dislikes and love of phenomenal life. He must purify his heart through selfless service, charity and virtuous actions.

Every one should restrain himself, control the senses and the mind; develop sublime virtuous qualities, develop the four means of salvation; discrimination, dispassion, purity of heart and mind, and great love for Godrealisation.

In reality, man is not different from Brahman or the Absolute. When the Knowledge dawns on him through annihilation of Avidya he is freed from his individuality and finitude and realises his essential Sat-Chit-Ananda Nature.

3. THE NATURE OF THE WORLD

This world is a play of colours and sounds. This sense-universe is a play of nerves. It is a false show kept up by the jugglery of Maya, mind and senses. You enjoy the sensual pleasures for a period of twenty years when the senses are strong.

What is this short evanescent period of twenty years in eternity ? What is this despicable jarring monotonous sensual life compared with the eternal and peaceful life in the immortal Self ?

If the nerve of taste, the glosso-pharyngeal nerve gets paralysed, you cannot enjoy the different kinds of palatable dishes. If your retina or optic nerve is paralysed, you cannot enjoy the diverse beautiful forms. If the auditory nerve is paralysed, you cannot hear the melodious music. If the olfactory nerve is paralysed you cannot enjoy the various kinds of sweet fragrance. If your sensory nerve of the hands is paralysed, you cannot enjoy the soft things. If the nerve erigens is paralysed, you cannot enjoy the conjugal pleasure. Do you not clearly see now that this world is a mere play of nerves ? Do you not understand that this universe of opposites is illusory ?

You will have to depend upon these nerves and senses for your happiness. If these nerves go out of order, you become miserable even though you possess enormous wealth and palatial buildings.

Can you call these little illusory sensual pleasures which depend upon the play of nerves as real lasting happiness ? It is mere itching of nerves only, which tickles those deluded souls who have lost their power of discrimination and understanding.

This world of names and forms is constantly changing. Seas dry up and vast sandy deserts come into being in their places. Elevations become depressions and depressions become elevations. Sand becomes stone and stone becomes sand. Blocks of stones become lime and lime becomes dust.

Forests become model towns and cities become deserted places. Grass becomes blood, blood becomes milk, milk becomes again blood; becomes flesh. A young man becomes an old man and a beautiful girl becomes an ugly woman. The fatty man becomes thin an a lean girl becomes fatty woman. A Zemindar becomes a beggar and a beggar becomes a zemindar.

At the back of these ever changing objects there is the changeless, eternal, immortal Brahman or the supreme Self. The ultimate principle or Atma or Brahman which is formless, colourless, fearless, timeless, endless, and beginningless shines eternally behind the names and forms. He who realises this Brahman attains Immortality, Freedom and Eternal Peace.

All hopes of happiness in this world terminate in pain, despair and sorrow. Pleasure is mixed with anger and harsh words. There is no real prop in this world to lean upon.

Sensual indulgence brings in disease, exhaustion, weakness and loss of vigour. The sensual objects are harmful as poison. Money and power fill the mind with vanity. The glory of beauty and youth is as evanescent and changing as the shade of a tree. The son becomes the enemy to the father. Wife poisons her old husband to marry a new young man. Brothers fight in the courts There are no real friends. Trust not this illusory world. Trust not your body, mind and the senses. Have inner spiritual life. Realise the Self. Then all miseries will come to an end.

As is the tendency, so is desire; as is the desire, so is action; as is the action, so the birth into another being, after birth. The body is like the seed in the tree, a perpetual chain. Seed perishes in developing into a tree and the tree again produces seed. This process or cycle continues eternally. Even so man takes a body in accordance with his nature or tendencies. This continues till he gets knowledge of Atma, transcending the three Gunas.

Become free from the bonds of birth and death by realising thy Self. Never forget your immortal nature. Thou art Light Divine. Look upon all beings with equal vision. Attain that Supreme Seat of Brahman. Become free from impurity and sin. Know thy real essential nature. Pick up courage, power and strength. Now march on to the goal.

4. CONQUEST OF MIND

Mind is the cause for bondage and freedom of man. A mind that is filled with impure Vasanas tends to bondage; whereas a mind that is destitute of Vasanas tends to freedom.

Mind is Vasanamaya. This world is Vasanamaya Jagat. Mind clings to sensual objects through Vasanas and constantly thinks of the objects. If the Vasanas perish, the mind ceases thinking of objects and we attain the state of thoughtlessness.

One of the most common habits of the mind is the wandering habit. It cannot stick to one point as it is of the nature of air.

Destruction of desires and control of Indriyas are the essential steps for the control of mind. It is the desire that makes the mind restless. The Indriyas run after objects and the mind also follows the Indriyas just as a dog follows the master.

Therefore, if you want to check this wandering mind, you will have to renounce all sorts of desires and control the Indriyas first. Then alone will you be successful in the practice of concentration, meditation, will-culture, memory-culture and thought-culture.

Mind is nothing but a bundle of Samskaras. Fight with them bravely. Mind whirls like an intoxicated bee. Separate the Indriyas from the objects. Get rid of all attractions.

Hear not the voice of the lower mind. This voice will delude you. Follow the voice of the Soul. This voice will lift you up and take you to the goal.

5. SADHANA

Be a little more patient, a little more forgiving, a little more charitable, a little more loving, and a little more devoted to the service of your Guru.

An electric bulb does not talk, it shines. A lighthouse sounds no drums. It shines and guides the mariner. Be pure. Be virtuous. Be good. Do good. Your life will be illustrious and brilliant like the sun.

Mind needs the soap of wisdom to wash off the dust of illusion.

Cultivate good habits. Old evil habits will vanish.

Love never fails. Love does not envy. Love suffers long. Love is kind. Love is not puffed up. Love is the greatest power on this earth. Love unites. Love always gives. Love never bargains.

The life of a student must be a period of intense Tapasya, dedication to the building up of character through self-discipline, devotion and purity.

You cannot attain God-realisation if there is slightest trace of pride, desire and egoism.

All diversities, all differences, all distinctions are utterly false because they are born out of illusion.

Without the cloud, where is the rain ?; Without the rain, where is the grain ? Without the seed, where is the flower? Without the grace of the Lord, where is bliss? Without meditation, where is peace?

Within you is the key to every problem, the wisdom to guide you in every situation and the strength to rise to magnanimous heights and divine splendour and glory.

In the cultivation of the cosmic love is individual spiritual progress, the welfare of the community and the peace of the whole world. Set to work, therefore, and spread this gospel of cosmic love throughtout the whole world.

Love is the essential quality of the Spirit in man. It is the condition pre-requisite to his entering into the Kingdom of Heaven or the supreme abode of immortal bliss.

Love is dynamic. It always expresses itself through untiring selfless service.

6. MEDITATION

Meditation is freeing the mind from thoughts of sense-objects. Mind dwells on God and God alone, during meditation.

All of a sudden you cannot jump to meditation and Samadhi. You will fall down and break your legs. Can a student of Third Form understand the 'Theory of Relativity', 'Advanced Mathematics', etc,?

Purify your heart first through selfless service, recitation of Lord's names, Pranayama, etc. Get yourself established in Sadachara or right conduct. Have perfect ethical perfection. Then alone will you be established in deep meditation.

A gross mind wants a concrete object for meditation, in the beginning. Meditation on a concrete form such as the form of Lord Krishna with flute in hand, or the form of Lord Jesus or Lord Buddha is very necessary in the beginning. This is Saguna meditation or meditation on the form of the Lord with attributes.

Think of His attributes such as Omnipresence, Omniscience, Omnipotence, purity and perfection, etc., when you meditate on His form.

Gradually the mind will be prepared and disciplined to take up the higher Nirakara and Nirguna meditation, formless and attributeless meditation on the Pure Nirguna Brahman,

Deep meditation cannot come in a day or a week or a month. You will have to struggle hard for a long time. Be patient. Be persevering. Be vigilant and diligent. Get rid of all Vasanas, cravings and ambitions. Cultivate burning dispassion, burning aspiration or longing for Self-realisation. Gradually you will enter into deep meditation.

Meditation follows concentration and Samadhi follows meditation. Strive hard. Meditate. Meditate. Meditate. You will surely attain success in the end. Mark my word, O spiritual hero !

7. SELF-REALISATION

Self-realisation is Atma-Sakshatkara or direct intuitive preception of one's own innermost Soul.

This is the goal of life. Man is born to attain this. The fruit of Nirvikalpa Samadhi or Asampragyata Samadhi is Self-realisation.

All dualities or pluralities, all distinctions and all differences vanish in toto. The aspirant gets established in his own Satchidananda Swaroopa or Absolute Consciousness, which is the only Reality. He beholds the One Self or the homogeneous Essence of Wisdom-Bliss alone everywhere. All names and forms disappear.

Self-realisation is not a process. It is not a becoming. It is pure Being. It is not a new thing to be attained. The Jiva only knows that he is the all-pervading Immortal Soul. To know that is to become That.

The curtain or the veil of ignorance lifts. The mind melts in silence in the Absolute. The senses are withdrawn into the mind. The Self-effulgent Soul shines in its own pristine glory. It rests in its own Essential Nature.

Just as the river joins the ocean and becomes one with the ocean, just as camphor melts in the fire and becomes one with the fire, so also the individual soul becomes one with the Supreme Soul or the ocean of Pure Consciousness.

This Ocean of Consciousness is without a shore and surface. It is the Ocean of Supreme undecaying Bliss. Realise this mysterious, wonderful, all-blissful Soul and roam about happily.

8. THE LIBERATED SAGE

A Jivanmukta is a liberated sage. He is emancipated while living. He has cut off all bonds. He has destroyed his mind. He is in a state of mindlessness.

The liberated sage is absolutely free. He has identified himself with Brahman or the Absolute Consciousness. He has no identification with the body.

In pleasure and pain, censure and praise, honour and dishonour, respect, and disrespect, the liberated sage remains balanced. He has equal vision.

He has supreme knowledge of Brahman. He is a Brahma Gyani. He is a Brahmavit or Knower of Brahman. He can clear all your doubts. You will feel extreme elevation and inspiration in his presence. He radiates joy and peace everywhere.

The liberated Sage may be absorbed in Samadhi or he may work like an ordinary man of the world. Internally he has the Bhava or mental attitude 'I am a witness (Sakshi), I am non-doer (Akarta), I am non-enjoyer (Abhokta), because he has no egoism or individuality. So he is not bound by his Karmas.

He is a Gunateeta. He is beyond the reach of the three Gunas or qualities, Sattwa, Rajas and Tamas.

He has Trikala Jnana or knowledge of the three periods of time. He has omniscience.

He enjoys the sense-objects offered by others like one sleeping or like a child. He beholds this world like one seen in dreams. The annihilation of the world and of the Jiva does not signify that they should become imperceptible to the senses but there should arise a determination of their unreal nature.

9. TWENTY TEACHINGS

1. Commence your journey on the Divine Path from today. All your anxiety and worry will end then and there.

2. There is no greater glory, there is no greater joy than that of a life of renunciation and perfect Tyaga. It is a grand life.

3. Love, humility, forgiveness, patience, compassion, courage, integrity, non-violence, purity, aspiration, are qualities leading to Divinity. Behold the Divinity in all beings.

4. Always do good to others. Be selfless. Mentally remove everything and be free. This is divine life. This is the direct way to Moksha or salvation.

5. Ill-health is a myth. It does not exist beyond the range of the physical and mental sheaths, The body and mind alone are subject to diseases. The Atman, your true Self is beyond these and therefore eternally free from disease and death.

6. The more you yearn to turn a new leaf in your life and lead a pure divine life, the more will opportunities come your way.

7. The Lord's ways are mysterious. There is something good even in all seeming failures. You are

not able to see that now. Time will reveal it. Be patient.

8. Create an inner world of your own. Carry with you your own inner companions viz., Shanti (peace). Santosh (contentment), enquiry and courage.

9. Anger, lust, greed, jealousy and hatred will always lurk in your sub-conscious mind. Beware. Be cautious. Be vigilant. Be alert. Eradicate them. Otherwise they will gain strength and will crush you later on and swallow all your Sadhana.

10. Even a little victory in the inner battle with your mind and senses will develop your will-power and give more assurance and courage. But do not be swayed by success. Be humble and grateful.

11. Learn lessons of equal vision from the sun, the fire, the river, the flowers and the air. They serve the peasant and the king, the saint and the sinner, the clerk and the minister.

12. God walks in the garb of a beggar. He moans in pain in the guise of the sick. Open your eyes. See Him in all. Serve all. Love all.

13. Deep beneath the noise and storm on the surface, deep beneath the surging mental waves, there is that stupendous ocean of peace and stillness. Realise this through deep and intense meditation.

14. Do not force the mind to meditate. Understand the ways of the mind first. Cultivate virtues. Study the nature of the three Gunas. Purify. Only then meditation will be smooth and easy.

15. Never worry about what other people say or think. Do the right. Have a clear conscience and roam about happily.

16. Continually remember the Lord, who has given you existence and intelligence. Lead the life of self-restraint and self-denial. You will soon attain unity with God.

17. There should be great demand from within for God. You should be spiritually hungry. Then alone will the Lord fill you with His grace.

18. Your surrender to the Lord must be sincere, genuine, total, entire. ungrudging, unconditioned and unreserved. Then alone the Divine Grace and Divine Light will descend.

19. Start the enquiry seriously, in right earnest: What is this life ? What is it that dies ? Is not something left behind ? If so, what is it ?

20. A Sage is a sustainer of the world. He is a source of perpetual inspiration. He is a radiator of peace and happiness. He is an instrument, through which divine Grace is transmitted to the unenlightened and unregenerated men. Become a Sage.

10. PRAYER

O Wisdom Divine, enlighten my mind! O Love Divine, fill my heart! O Light Divine, illumine my soul!

11-GOD

God is a link between the universe and the individual.

God is the ultimate Reality, the basic entity which supplies life and consciousness.

God, individual and the world are really not three. They are the three phases of one thing.

The entire universe is a family of the saint, because the whole universe is a habitation of God.

12. RELIGION

Religion is the relationship between the three fundamental principles—God, world and the individual,

Religion is defined as the expression in life of the relation that exists between man and God.

Religion is only a name given to the law that governs the whole universe.

Religion is practical philosophy. Philosophy is the understanding of the ultimate Principle that governs life. Religion is the art of practising it, actually living the spirit of philosophy,

Unless you know the relation that exists between God, world and the individual, you cannot know religion and cannot practise religion.

The main purpose of religion is the purification of man's nature.

13. AIM OF LIFE

Every act of ours, every thought is an evidence of the existence of some supreme aim in life. There is some aim to be fulfilled.

Unconscious movement is called natural evolution. Conscious evolution is Yoga or the practice of religion.

Conscious attempt to unite ourselves with the supreme Reality is called spiritual Sadhana.

14. SADACHARA

The establishment of Sadachara (right conduct) and the following of a good life of virtue is the first concern of religion.

The first step of religion is to see that man is turned away from evil towards good.

The inculcation of the religious spirit and the religious Bhav (attitude) in man is certain and most rational and effective means of overcoming the evil tendencies in man.

The first lesson you should learn is toleration.

The greatest study of each indvidual is to spread into the atmosphere which is now poison-ridden, with ideas which are life-preserving. They alone can strengthen our bonds with each other. There is no other way.

Side by side with life-annihilating forces there are certain life-preserving forces too.

15. SADHANA

Grow in Sattwa. Grow in virtues. Become desireless, angerless, selfless and egoless. Become divine.

The aspirant intent on treading the path of Sreya Marga (spiritual path), tries to cut at the very root of the cause of Preya Marga (sensual life) by means of prayer, Japa of the Lord's Name, Sankirtan, meditation, etc.

Daily undertake a pilgrimage to the shrine of perfection within yourself. This is the greatest and the real pilgrimage.

Doubt is rooted in ignorance. It is an obstacle in the spiritual path. It should be destroyed by cultivating intense faith.

The real religious man will shine as a pure jewel by his own divine light.

16. ONENESS

The sense of unity is not produced by shaking hands, by taking tea from the same cup or by such other gross physical contact. This is not the ideal of unity.

Underneath all apparent divergences there is the golden link of fundamental oneness.

The sense of separateness is the cause of all this pain in this world.

17. MIND

Man's mind always flows outward and it is by the grace of Guru that he is helped to turn it inward.

Turn within. Introspect. Become a self-C.I.D. Find out your own faults.

It is very easy to find fault with others and condemn others. But that will not enable you to progress.

There is a barometer which can register the spiritual thought of aspirants.

Thoughts have power, but not impure thoughts for they have only a negative force.

18. PEACE & HAPINESS

The most elusive thing in this world is peace or happiness. The only true happiness is the bliss of the soul or Atma.

True happiness has nothing to do with money, possessions or other material things, wife, son and position. You cannot buy happiness.

The surest way to attain peace is to have as few possessions as possible. Fewer the wants, greater the peace !

19. THE LIGHT OF THE SAINTS

Get all the books on the lives of saints and study them. Hold a satsangh in your own house and narrate the lives of saints, to your family and children and friends.

Save the money that you waste on luxuries and with the amount print and distribute widely leaflets and pamphlets embodying the lives of saints.

Thus your own life will be transformed. Thus thinking constantly of saints, you will become a saint.

Saints try to fulfill the will of God. The saints' thoughts pervade the whole earth and fill the hearts of all beings. Divine thoughts generated by saints have tremendous effect.

Charity is not merely giving a little money to the poor. True charity is forgiving one who offends you 108 times or any number of times.

An aspirant who wants to grow in saintliness should cultivate desirelessness, angerlessness and selflessness. It is the extent to which he grows in these three cardinal virtues that is the degree of his spiritual progress.

What is it that is outside us? What is there above us ? What is there within us ? In other words, What is world ? What is God ? What is soul ?

The great message of the ancient seers and sages of transcendental experience the great Upanishadic seers of intuitive wisdom, has always been a message of oneness and unity.

Far back from the divine past, from the time which is beyond the range of history, the very genesis of India's great culture has been from the experience absolute unity. Ekameva Adwitiyam Brahman, has been the realisation out of which has sprung forth the Hindu civilisation.

Your actions and gestures tell us what you feel and by those actions we influence each other.

Language only conceals your inner personality, but the Lord knows what you are. The Lord knows your religious life.

In all things you should always hold before yourself the glorious ideal of the saints and sages of the past and present. You should always judge your actions by their standards.

Would Tukaram, Jnana Dev, Jesus, Buddha, Sankara, Dattatreya—would they do this ? If the answer is no, do not do it or if it is done, resolve never to repeat it. Thus you will grow spiritually. This is the greatest pilgrimage that you have to undertake and complete successfully.

TREASURE OF TEACHINGS

OF

Sri Swami Sivananda

1. Union is strength.
2. Blame and praise are sheer vibrations in the air. Soar above them.
3. Have a definite aim of life. Live with a definite purpose. Be wise and firm.
4. The essence of religion lies in the immediate experience of the Divine.
5. Better be wise by the misfortunes of others than by your own.
6. A lazy and idle man, a glutton or an epicurean can never find the way to knowledge.
7. Do your duties well, sincerely. Your privileges will follow unasked.
8. The mind that takes refuge in inactivity mistakes inertia for liberation. BE DYNAMIC.
9. Woman is very pleasant from a distance. You feel miserable after possessing her.
10. In want you will learn to pray; in adversity you will learn to think and enquire.
11. Realise that life is meant for service and not for self-seeking.

12. The divine perfection of the human being is the ultimate goal of humanity.

13. It is useless to look up to the skies to find the Divine. Turn inwards.

14. Sickness is a blessing to turn your mind inward, to direct your mind towards God.

15. Prevention is better than cure.

16. A vacant mind is ever distressed. It is the devil's workshop. Be thoughtful.

17. Ignorance obstructs your true vision and deceives and degrades you. Destroy it.

18. To have control over the mind and the senses is real heroism. Be a real hero.

19. There is nothing good or bad in this world. Your imagination makes it so.

20. The basis of the higher spiritual life is ethical life. Perfect yourself.

21. Wisdom is the only way to cross this terrible ocean of Samsara.

22. Test a man's profession by his practice.

23. The experience of fulness is called Samadhi. It is freedom from worry.

24. Spiritual evolution cannot be attained all at once by a miracle.

25, Man needs now no more degrees; but character. No more study but wisdom.

26. Dishonesty ruins both fame and fortune;

27. Everything in this world is uncertain; but death is certain.

28. Head and heart have subjugated the world more than sword and gun.

29. The aim of life is to avoid misery and attain eternal bliss. God is bliss.

30. The sex-instinct is the greatest urge in human life. Sublimate it.

31. Yoga is a conscious and sustained attempt towards self-perfection.

32. Despair not; friend! Plod on diligently and achieve life's Goal.

33. You are creating a hell through your own thoughts. Think of God.

34. A saint prevents many ship-wrecks in the lives of many human beings.

35. Life without Kirtan and study of the holy scriptures is like a garden without flower.

36. Make a determined and resolute effort. You will succeed. FULL EFFORT--FULL VICTORY.

37. God exists. Nothing can exist without a cause. Seek Him and be happy.

38. Be just; but trust not every one.

39. Better do it than wish it done.

40. Receive instructions with gratitude.

41. Durability is better than show.

42. He that prays harm for his neighbour begs a curse upon himself.

43. Sensual life is the road that leads to hell. Divine life is the road to Immortality.

44. Greed is the root of all evil. Confusion and destruction are caused by greed.

45. The mind is now annoyed and now quiet. Never yield to it. Be serene.

46. Equal vision is wisdom.

47. All cravings and desires are enemies of peace and knowledge.

48. Judge not of men or things at first sight.

49. Art in business means success.

50. A little neglect may breed great mischief.

51. The shortest way to do many things is to do one at once.

52. If you once let your opportunity go. you may never have another.

53. Love is the greatest force on this earth. It is the power of the soul. Cultivate it.

54. Resist temptations. Have an inward life. All miseries will terminate. Even if you fail, you are one step nearer to success. March on and on.

55. Curiosity causes restlessness. Correct and mould yourself; yours is peace.

56. Have perfect trust in God; abandon all cares and worries; be at perfect ease.

57. Mean people take advantage of their neighbours' difficulties to annoy them; but the time will come when they will repent for their insolence.

58. A virtuous life is the greatest blessing.

59. Contentment is the greatest wealth.

60. A life destitute of love and prayer is like a sapless tree in the desert.

61. Cultivate a melting heart, the giving hand, the kindly speech and impartial attitude.

62. The names of God are the most potent tonics, sure panaceas, sovereign specifics.

63. You can extract oil of sand; but you cannot influence a confirmed fool.

64. You can live in the world. But if worldliness gets into you, you are doomed.

65. Look at the false glittering world ! Fools are immersed in it ! The wise are vigilant.

66. The best way to remove an evil trait is to think of the opposite virtue.

67. Overcome anger by love, lust by purity, greed by liberality, pride by humility, egoism by self-surrender to the Lord. Thou will become divine.

68. Cultivate love in the garden of your heart by removing the weeds of jealousy, hatred, suspi-

cion, revenge, pride and selfishness. The power of love is ineffable. Its depth is unfathomable. Its glory is indescribable. It is Divine.

69. Practise Yoga constantly. Look for the descent of Divine Light. Be regular in your meditation. All defects and weekness will perish by themselves. This is the positive dynamic method to annihilate evil desires, defects and weaknesses.

70. Pray not for relief from suffering but for strength and endurance to bear it.

71. Cruelty to any creature is cruelty done to the Lord; because the Lord lives in all beings.

72. No other person is the author of one's misery or happiness, because every man eats the fruits of his own actions.

73. Be moderate in everything. Extremes are always dangerous.

74. Have intimate connection with none but God. Mix little with others.

75. Make the heart a temple and worship Him constantly. Seek Him not elsewhere.

76. True, everlasting happiness which every man seeks for does not reside in the mundane objects. You can get this happiness in the Self only which abides in the chambers of your heart through meditation.

77. Bear no envy. Commit no slander. Speak no falsehood. Practise no deceit. Harbour no malice. You will be ever joyful, happy and peaceful.

78. Be satisfied with the condition in which God places you. He knows which is best for you. Do not grumble. Thank Him always.

79. Think what is good. Speak what is good. Do what is good. You will soon enter the kingdom of Immortal Bliss.

80. You have wasted much of your life. A little time is left. Make the best use of it. You too can realise God and be happy.

81. Those who cry loudest are not always the most hurt.

82. Conquer all that is base in you. Let truth, justice and reason rule your life.

83. Be mild but firm; be gentle but bold; be humble but courageous; be simple but dignified.

84. You have to crucify yourself in order to live in God. Die to live.

85. The Lord is omnipresent. Feel His Divine presence everywhere. You need not despair.

86. The esence of Dharma lies in refraining from doing unto others what one would not to unto oneself.

87. In the garden of your heart, plant the lily of love, the roses of purity, the Champaka of

courage, the Mandara of humility and the lady-of-the-night of compassion.

88. O Ram! Do not put up a castor-oil face. Be cheerful always. Do not give vent to your sorrow. Thou art beyond sorrow. Thou art an embodiment of joy and bliss.

89. Act as a trustee, not owner or proprietor. You will not be bound as there will be no 'mineness'.

90. Do not complain that there is no time for Sadhana. Reduce sleep and tall talk.

91. Like the owl which cannot see in the bright sun-light, a worldly man cannot perceive God on account of ignorance, egoism and vanity.

92. The more you spend your energy in elevating others, the more the divine energy will flow into you.

93. Unseen He helps you with faithful hands. Unheard He knows your thoughts. He is pure, all-pervading Consciousness—Sat-chit-ananda.

94. A boat can remain in the water. But if the water gets into the boat, it is doomed. You can live in the world, but if the worldliness gets into you, you are doomed. Live in the world, but be not of the world!

95. Hold on to prayer, no matter how numerous the temptations that essail thee may be.

Thou shalt build an impregnable fortress by prayer. Prayer is thy refuge and sheet anchor.

96. Life without lust, egoism, greed, anger, pride is in itself divine. Try to lead a life of purity with a spirit of sacrifice. Lead a divine life.

97. Lord's Grace will descend in proportion to the degree of surrender. The more the surrender, the more the Grace.

98. You have no enemies to fear outside. The real enemies are egoism, pride, lust, anger, avarice, infatuation and selfishness.

99. Cultivate a melting heart, the giving hand, the kindly speech, the life of service, equal vision and impartial attitude. Your life will indeed be blessed.

100. Repeat the Name of the Lord always. Sing His Glories. Meditate. Serve the Saints. Do charity. Serve the sick and the poor with Atma bhav or Narayana Bhav. Cultivate compassion and mercy. You will attain Eternal Bliss.

CHAPTER THREE

ESSAYS ON SIVANANDA

JAY SRI GURUDEVA

Here is the leaf; there is the sand; this brick and that man—all are drowned in ecstasies of Sivananda Nam.

I cannot make out thy Plan; hence I stand all blank.

The Principalities of the Kingdom of Sivananda are stretching to minister to the needs of ever-increasing hold of Sivananda.

1. HIMALAYAS REJOICED: MALAYA STAGGERED

What could dare stop, block the steps forwarded to the care of the unknown. An imposing personality. ventured to conquer almighty. The handsome-faced, all-round-famed, well designed figure, over-powered by the storm of intense aspiration to know the Self, flouted at the flash like, flimsy, hazy, fast-fading, flickering pleasures and set out on his way to Eternity. While Himalayas rejoiced, Malaya staggered.

Heedless to the inconveniences of the Journey, he banged the onslaughts of the Evil. Temptations felt jerky to the thunder of his resolve. The youth marched on brimming with firm determination, took no rest till he carried the day. Faith in God was the only treasure he had with him to go by.

Victory saluted him. Heavens rained jubilations and nature put on gaiety. Divinity chose to move on legs to survey the human sufferings and grant them a healing touch. Himalayas hailed the hero. Ganges overflowed to greet her Lord Swami Sivananda. Humanity bowed. Good triumphed. Spirituality thrived. Universal homage echoed. Glory to Sri Sivananda, hail, hail Sri Sivanand. Evil stood abashed.

2. SIVANANDA FOUND

Past deeds showed no credit in the stock. I am blowed if I say that my efforts played the part.

Fortune gave way long before the Pull from the external quarters initiated the start. The field of mind turned bleak. Oasis was out of question. An inch of the Grace of God measures countless universes, but how to win that but of Grace vexed the nerves.

Is there no God on earth accessible to the reach of the souls of His own creation. Who knows ? The answer fell silently. When every other thing ended dreary and desolate, the soul began the quest ! Restlessness swept all over the body. Heart threatened beating fast. Desire rose to the climax. Soul ran after the idealised beloved.

If not here, He must be visible beyond the horizen, behind the stars, inside the hollowness spread afar. "No, I am nearest to your heart."

Who is there ? Tell me once more whose fluty voice enraptured my soul. 'Sivananda'. I, alone, am pervading in and out of all that you can and cannot see."

Sivananda, Have I really found Thee ? Aren't Thou my very thirst.

Sivananda is found but struggle has started now.
Can anybody claim to attain Sivananda.
Ah ! A throw of dice. Gamble yourself away.
Sivananda wins stake after stake.

3. MY GURUDEVA

Did such a man ever live? People might scarce believe. Here in my Siva, identically equal to Sachitananda a challenge to Mathematics, which states one body can be either elastic or inelastic and not both at the same time. Is not this Supreme Guru with a perfectly elastic heart and perfectly inelastic will, a living contradiction to it ?

I love, sing and hail the voice of the greatest power, descended on Earth to infuse the essence of Truth of our scriptures into the minds of the men of today who having gone astray are behaving in no way better than animals. The whole atmosphere is charged with the notes of his melodious throat singing forth the message of the Upanishads. This Voice has struck ears of the countless humanity. Many more have still to hearken him and sing with him all they have to, to win the goal of life. Beauty ! thou hath every right to be proud of when I turn to you and call my Guru Siva, beautiful from every angle I look at him.

How wonderfully the supreme Purusha has manifested Himself in this Beloved crores. But for this adored, this age with all its scientific, cultural, political and social progress, would have been comparable to mere straw which with him can claim itself to be the most blessed, now.

Delay not, no more procrastination, only make up your mind, my brethren, my contemporaries, big and small and seek the advice of the sages and saints of the past from my Lord Siva who has already taken you in His infinitely expansive embrace. No scientist howsoever skilled he may be with any number of wonderful invention winning sky soaring admiration from the people of this world can invent something to measure the depth of the compassionate and understanding heart of my Gurudev. Why get deluded. The time has come for you, O age, to rid yourself of all the ignorance that has engulfed you. Be not enveloped in it any more. Try once; see if you can stand the irresistible, exhuberantly rich brilliance, the glittering and dazzling appearance of Siva. Get yourself transformed from materialism into Divinism and be infested with Supermen alone.

My Guru, I call him mine, for he is truly mine and the goal of my life is only he whom I call mine. With perfectly balanced attitude on life and a will that can dry up the oceans this towering oceanic personality in whom divine virtues roll like waves into the sea, has given us all the sacred privilege of sitting at his holy feet. All of us have to take up the pledge today, this very day to imbibe in ourselves the true spirit of his teachings and take his message everywhere—land, water and air.

March ahead, be not desperate, you, people of this world, live well the days that have been bestowed upon you. There is the great Samadhi to lift us all up. He expects of us nothing but faith in God and devotion to work. "Work is worship" he has shouted more than anything else. It is we who have to take up the right course to lead divine life, the ways for which are laid down in almost all the books of Swamiji. Take up any book, coverse with it for half an hour, you are completely transformed.

Where lies the secret? It lies in the practical aspect of Gurudev whose life is far from mere sermonising theories. He has written what he has practised and that is why when we read his books all that they contain, goes deep into the hearts and every word rings sweet-notes into the ears. What more has Gita to teach us than a mere glimpse of the daily actions of Swamiji in whom we find the best specimen of Gita-in-practice. Swamiji's gripping talks allure us the way Lord Krishna did captivate all with the music of his flute. What Krishna's flute contained is now contained in Gurudev's talks.

Let us all pray to Almighty to keep this Divine Light amidst us for many-many years to come. We must all live the spitit of Sivanandam for getting our little differences whatever they may be. Let there be one thought and one ideal "Sivananda" alone, before us all. May we all live well this one ideal "Sivananda" to the entire satisfaction of our BELOVED.

4. SIVANANDA : THE COSMIC BENEFACTOR

In this Kali Age, when evils are most free,
Beware, fall not a prey to the mind's cunning play.
Hearken the voice of Siva the mighty sage.
Don't moan in festive hearts.

Siva has a message divine for thee.
Come quick, drink deep the nectar of
Immortality.
Swami Sivananda, the greatest divinity
has come to save humanity.

May he live long is our prayer to Almighty.

Why did I wish, may he live long ? Just one man live long when the universe is crowded with millions and millions ? Because this mighty one lives in all and if we pray for his long life, we are praying for all.

Him alone we regard as our benefactor who looks after our weal and welfare, safeguards our interests and keeps watch on our evil tendencies, with a view to eradicate them with every possible harmless means, lest our feelings be injured, although in the long run we may understand this as a blessing in disguise. But an ordinary benefactor who is confined to the place of this visible world only, has got his capacities limited in a way. Whereas his intellect is limited, his energy, too, is, and mind has got a narrow vision which cannot see half a mile ahead of the present.

Swami Sivanand, the saint of Rishikesh is a cosmic benefactor in the sense that he regards the whole universe as his own self and guides and loves humanity rich and poor equally, caste and creed irrespectively, Indian or foreigner indiscriminately. His ways of taking care of others are most peculiar and far beyond human comprehension many a time. You don't know what method he is going to adopt for bettering your condition, mentally, physically, economically and spiritually. Whereas he gives you food to eat, he gives not simply so that you can fill up your stomach and remain content for some time. Even the contents are duly weighed in his mental scale and what you receive you will at once feel : well, that was the only item I required at present.

Very often to try the strength of adjustment in a casual visitor, Siva creates hostile atmosphere as well. If you can stand the test, well and good; otherwise, you are made to rise equal to the occasion so that there can be nothing that you can't encounter. There he is ever ready with his adjustment formula to be put into application by us all: "Adapt, adjust, accommodate Bear insult, bear injury, highest Sadhana." Siva calls it highest Sadhana on our part if we can put up with any kind of insult and slander and pay it back through complete silence only.

Swami Sivananda is guiding them through correspondence who are thousands of miles away from him.

One line from this self-realised sage is enough to make you dance with joy when you cannot pick up courage by going through pages after pages or hearing platform-speakers. The secret lies in the saint's conveyance of thoughts and vibrations of peace, his sacred self is radiating every second. When these thoughts reach a person, there is reason for his overnight transformation, because these thoughts were charged with more energy than any atom can have. The moment we suffer Siva runs to us in the form of soothing words, elevating books, Holy Prasadam of Lord Viswanath, with an added grace of his own, to relieve our anxiety and enliven our spirits. When medicines fail to cure, relatives refuse to give shelter, some spurn at you, a few look down upon, more laugh at you and you feel neglected and miserable, and look for a corner to hide yourself, out of sheer shame and helplessness, when people throw stones at you, go to the extent of spitting at you Swami Sivananda—look, there is Swami Sivananda stretching his arms to you. Go, run and rest in his open arms. He accommodates you in his heart which is fathomless like ocean and vast like sky. Sivananda sustains life and maintains hope in you. The hours of gloom are rendered pleasant by a mere thought of him, for he is all-mercy, love, light; in him there is no sternness, hatred and darkness. The only aim Siva has in view is that each and every creature must have facilities according to his or her own temperament to evolve in this very birth. Goal of life is Self-realisation and in order to enable all human beings attain this goal. he has created fields of action at his own abode and for them who live away from him he has written the easiest, surest, and quickest means of one's mental, physical and spiritual development to the extent of perfection. There are Hospitals where you can nurse the sick and get yourself purified; work is awaiting thee in the temple if you have a devotional temperament. The literary field welcomes them all who have a literary bent of mind. Meditate on the Self if you are a Vedantin and deliver lectures if you have done enough study of scriptures. With all this at hand, Siva ever stresses the spirit of selflessness and sacrifice and universal · love in every heart. If one watches Sivananda from close quarters one finds once for all that every breath of his is utilised in the elevation of people. He sits in the office, working intensely for the uplift of men and women, despatching valuable suggestions, pieces of guidance, books of all times, talking to those who come to open their hearts unto him, clearing their doubts and dispelling the darkness therein. Whatever encouragement he lends to them, it comes in various ways. Sometimes, a mere word coming out of his mouth lifts you up and you feel an experience of bliss which melts away all your worries and brings before your mind's eye the significance of eternal truth shining in its prestine glory. Often, a rosary touched by his hands and passed on to you fills you with intense love for the creator of the universe and you resolve to remember God and forget yourself in that great Him to whom world looks in the hour of despair. Oh, what a thrilling and soul-stirring speech he delivers sometimes! Hearing which, leads to one's purification through several births. Can you ever forget his words inspite of your trying to do so? Why? Because the words have come out from the mouth of a Brahmanishtha saint, whose language knows no contradiction.

There is unity between his thoughts, words and deeds. He feels what he speaks and says what he feels. For the more intellectual people, Sivananda has written some 200 books, if studied well and practised with all sincerity can surely make one fit to set on the path of God-realisation. But for Sivananda the Universal Benefactor, how many men, women, both old and young would have cammitted suicide, and this precious life, or else gone astray is well known to them who have tried to read his literature and have striven to watch him, move with him and above all sit at his holy feet.

What wealth of the three worlds cannot afford to give you Sivananda is distributing to one and all free--the Eternal Absolute peace. Meet the Superman, the Saint of Ananda Kutir and get it confirmed yourself.

5. GO TO SIVA IF PEACE BE THY AIM

My heart leaps up with joy to recall that unforgettable day-25th May 1950-when I got imbued with the divine Grace of Sri Swami Sivananda ji Maharaj. To visit the holy abode of peace--Ananda Kutir, was my greatest fortune, It seemed to me as it my sins of countless lives were washed away by a dip in holy Ganges on whose banks lives the great Atman, Brahman Himself. Such is the bewitching, inspiring and imposing personality of the great sage of Ananda Kutir that even myriads of tongues would fail in their attempts in extolling his virtues

Spring of joy, Divinity Incarnate, the mystic sage Shiva is the only prop of the modern erring humanity. If peace be thy aim, go to him, for he is ever having open arms for you to guide you on the path of righteousness.

His presence dispels all fears and turns one's thoughts towards Self-realisation. His soul-stirring Kirtan and songs elevate one's mind to moral perfection. He is a fountain of mercy, ever beaming with serenity, ready to clear your doubts and dismiss miseries.

The experience of joy I had cannot be guaged by mere words. The bliss that was bestowed on me by the gracious looks of Swamiji is inexpressible. Ever since I saw His Holiness I find myself mentally uplifted. I found in him a sun shining over all irrespective of caste, creed, wealth or poverty. Hallowed is the place resided by this greatest of the greatest saints. The world must look to him in this hour of turmoil when nations are at war with one another, being tormented with feelings of hatred, jealousy and spirit of bitter communalism. One forgets pains and sorrows at the sight of this saint. He sheds spiritual light alike without and within shores.

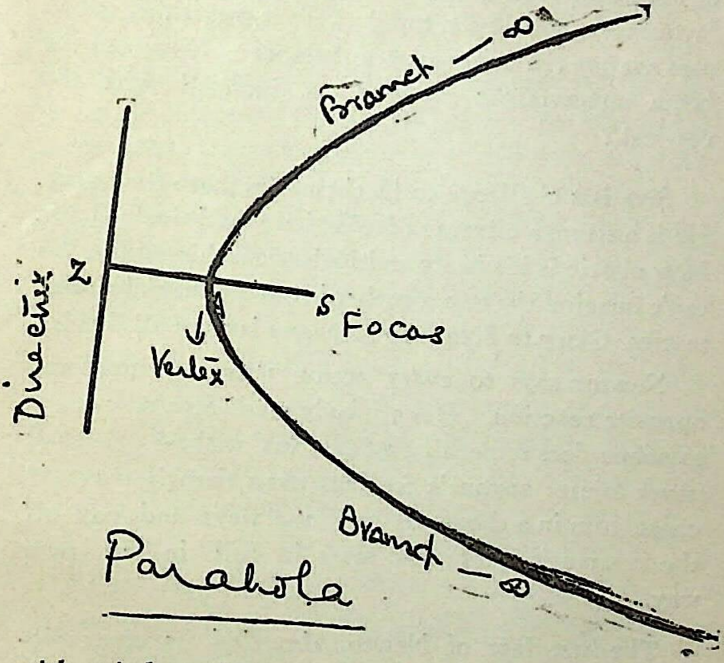
Blessed are those who have had the good fortune of ever sitting at his holy feet. He is doing great service to the masses in making them alive to the necessity of inculcating love of selfless service which enhances devotion towards God. His books do best reveal his teachings based on Gita and Upanishads, in a very-very lucid and intelligible form. They are worthy to be treasured deep by every human heart. The more I read his books, the more of wisdom I draw out of them. They are my best companions in joy and sorrow both. They are the melting pot of all sorrows. My devotion to the saint is increasing with very breath I inhale. May God grant very long life to Shiva—the glory of Mother India—to enable him to carry us all across—the ocean of mortality.

6. MATHEMATICS AND SIVANANDA

Mathematics is the Qeen of Sciences; and Sivananda is King among saints. Mathematics makes one exact and Sivananda makes one perfect.

Whereas mathematics develops the power of concentration, Sivananda leads to the super-conscious state, resulting in the Blissful Union with the Supreme Self. More than once science of numbers bows down before Sivananda whose mysterious powers are beyond any human intellect to grasp.

Like the two branches of a parabola, Sivananda is an open curve whose mind and heart tend to infinity. Emerging of his own Self, which is akin to the vertex of a parabola, Siva goes on expanding from two sides; hence he looks like



with mind resting on the infinite Satchidananda, directrix in a parabola.

Swami Sivananda stands on the common point of intersection of three lines representing our past, present and future. The Universe is a circle whose centre is Sivananda. In Him we find synthesis of all Yogas.

The requisities of a good balance are visible in Sivananda, being sensitive to the pains of others; and yet keeping a balanced state of mind, no power on earth can bring about any inclination in the straightness of his position and still He is inclined favourably, mercifully, to all. Isn't it something which goes against the nature of a balance? How can the beam rest straight as well as inclined with the vertical ?

Siva is a challenge to mathematics more than once. He is a strange mixture of elasticity and inelasticity. How elastic is his heart and inelastic is his will. We can't imagine the two together in our wonderful mathematics. Glory to Siva who surpasses laws of all kinds,

Newton says to every action there is equal and opposite reaction. Has anybody seen Siva reacting if someone does something against his wishes? He shall never injure anyone's feelings even though we may cheat him in a thousand and one ways and pay off the reservation for our seats in hell in our own way.

The first law of Newton also find its contradiction in Siva. The state of rest which Siva enjoys is unshakable in spite of any impressed force applied on him. He is in motion as well as at rest. Ever fixed on thy own Swaroopa, who can dare deter thee from thy post?

Siva stands as a pyramid. His head is the vertex rising high into the sky and he is joined to the vertex of the base through the edges. These vertices are the souls of Samsara whom Siva has come down to liberate. The basis is a circle—I mean this universe—and the souls who have to cross the ocean of

Samsara are the infinite points on the circumference of this circle. Siva has stretched his hands as the edges of this cone.

Sivananda reveals himself further and further everyday. He is like arithmetic series in which each term differs from the other by a common difference. If S stands for Siva, and D be the difference in him, S plus D represents Siva on Tuesday; S plus 2D depicts Siva on Wednesday and so on the series goes up to infinity unless one tries to sum it up for a limited number of days.

Swami Sivananda is the sun about which the world completes one round of homage once a year. Every human being, all vegetation things movable and immovable are dancing around Siva's seat, when the universe revolves about him. Look how the moon runs around the earth, in worshipful mood, because the earth worships Siva, moon must worship her, for her blessedness. Dust worships them all who worship Siva and devotees of Him.

7. SIVA'S MESSAGE—THE CHARGE OF GANGES

"Whither going, ye, traveller. Ar'nt you going to relax a bit and inhale the art, beauty and poetry that maketh one peep into the very perfection of soul—the Absolute Satchidananda?" is the welcoming note of Ganges to invite everyone whosoever landed on earth.

They alone can judge the worth of her motherhood who have had actual and direct perceptions of the grace radiated by every sound produced by current of the blessed waters which flow throughout her vast expanse. Heedless of what we throw in her, mindful of purifying alone whatsoever seeks access to her, caring not for what they talk about her purity, defying the laboratory tests to testify her sanctity, here is our holy Ganges, proclaiming to all the world, 'O, feeble man, testify your own worth before you dare lay hands on me."

With all the thoughts turned inward one is simply thrown into a mood of contemplation to find out the means of testifying his own worth.

In a moment he gets bewildered because he lacks what he is required to fill himself with. How am I going to be worthy of thy touch, mother, is the feeling which haunts him day in and day out. In her placid and gentle flow, she is lengthening out the joy of the bliss derived from her own Swaroop, to be shared by others. The wavelets on its watery surface are running away from their great source in full obedience lest they should be delayed in conveying the sacred message entrusted to them by their master —the source. Each wave is a child full of life and desirous of enjoying the fruit of actions committed in the past. The farther they are from their own self, the lesser importance they hold for their charge. They get lost with so many other bewildered folks. How restless they are to be once more with their master--Bliss itself. Going on as if impatiently fleeing in allhaste to be in time to listen to the call of the past, past, however unforgettable, is so with them now. They arrive at last at the great ocean not the one visible to the eyes, of Samsara. Full of Joy they ahout, "Found, you at last, Siva—the Supreme' ! Having welcomed them all; Siva wishes they be sent afar, with a fresh message to be whispered closely in each and every ear of the misled humanity and so we see Ganges ever on Her Feet.

8. FROM SIX TO EIGHT

OFFICE OF SAINT SIVANANDA

Saint Sivananda is not the British Queen who can be viewed from the balcony of the palace more often than amidst the crowd.

Siva's office is open to seekers of truth, help, consolation and guidance and welcomes the deceitful, lovers of importunity, idle talkers and fallen in every way with the same sincerity.

Here is the Sage, the child of all times who sees to the physical, mental, spiritual needs of every individual in personal capacity.

Early hours stir around the office which is going to function from 6 a. m. to 8 a. m., can tempt any pen and strike every heart. The saint is expected to leave his abode a few minutes prior to six. Hundreds of eyes are running up and down to receive light which enables them to see.

The passage is proud in its own way for it has to get sanctified before anyone else. Inside the office several hands have booked their hold on the tape of the fan unwilling to leave it; does not matter if one loses temper in tears, the other must stick to it like a leech.

The type-writers are doing silent japa and burst forth their homage immediately as their lord comes. Ganpat and Gopal are looking spick and span. These two names are uttered repeatedly by Gurudev in whose words "I have to do japa of Ganpat and Gopal" and the statement is also justified.

The greatest pilgrimage is under Siva's table. Here dwell the feet of the Saint whose glory can be sung half way.

Siva, coming out of the kutir with Satchidananda as pilot Car thrills the innumerable hearts. This sight is beating out the colourful pageantry displayed in any king's coronation at any time in the annals of the history of the world.

People start paying homage even on the way. One falls on the feet and gets up late. Siva is not quiet: "Jay ho, Om Namah Sivaya, Jey Satchidananda, everything alright" are some of this pet phrases with which he is greeting his devotees.

Here is another man lying in full prostration before the mighty sage. Another one is pressing the feet hard and the next one is bent upon crushing them to squeeze out all Grace.

A few more are standing and waiting for their chance to lay their offerings. Knees are getting impatient even if there is no room to bend.

Sivam marches on slowly and gradually accompanied by the music of his sweet utterings. He is moving on and till the chair is adorned.

One man brings the correspondence; Siva goes throught the letters, signs and passes befitting remarks on each one of these. In between these, visitors are pouring in, Siva must give books to all even without their asking.

Lo, some more arrive. They want Japa-malas. Atonce Siva calls Ganpatji to bring some Malas. How lucky are they who receive Malas at the hands of Bhagwan Himself.

What next: A patient enters. He has pain in ear. Siva treats him with instructions to repeat Triyambakam Mantra. To satisfy the patient, he is sent to the doctor as well. He is cured. Few know it. Siva's greatness must not be revealed. He is particular about that and so he would not take the credit.

"Go to the doctor, he will give you medicine," so says Siva. Must the Photographer also come in. Yes. he is there with some photographs which were taken on the previous day. These have got to be autographed by Siva before they are dispatched to the persons concerned.

That again is Siva's job.

The letters are many in number and various in type. Some ask for medicines, others for spiritual help, whereas a few have got personal problems like seeking of jobs, desperate in life due to sufferings and onslaughts of destiny. Siva has to reply to him as well, who says I have decided to marry but no decision is made by the other-side. . . . .

Swami Paramananda ji is ready with file on foreign correspondence. He and his type-writer both worked whole night in full co-operation and the homage he pays at the feet of the master is a complete file.

Siva's way of picking out mistakes out of hundreds of letters is something beyond intellectual grasp,

Siva is feeding us physically and mentally, too. Every now and then he is sending Ganpat to fetch tea, milk and Satchidananda is asked to distribute cashew nuts.

People going to Badri Kedar are coming to Siva to receive blessing. They ask for blessing loudly but demand money very softly.

Siva's heart is infinitely spacious. An innocent smile runs on his face and he helps the pilgrims in different ways.

Is that all ? No. Look at that man. He comes and begs Siva for a piece of cloth to warp himself, We bow to thee Siva the supreme. Thou art the ocean of mercy

What shall be the lot ot those who come to cheat thee, Lord of the Universe; their seats are reserved in Dante's Hell.

See, how interesting; he says he is coming today after ten years. 'Swami ji, I cam here in 1944..

Swami ji makes him stagger. 'You had given an article in diet. Did not you ?' The man gets stunned. He takes few minutes to recollect. Imagine, he goes back perfectly astonished.

The so-called oceans swim in Siva's greatness. Thou art simply astounding, Siva. When there is such a great rush of work, who can humorize any thing except Siva.

A visitor came and expressed his wish to see Siva. Taking off the spectacles Siva says "See me." Later on Siva puts it in all humour "You know I took off spectacles so that he could see me."

Beware the readers, Siva is ever vigilant. Visitors must all get books. "Avo ji," is Siva's way of greeting everyone. Even if anybody says "Swami ji I am coming back after sometime. I shall take books when I come again." "No, No, you may not find me later on, I must give you now,"

Such is the zeal with which Siva is serving the humanity. The word 'Jovoji' is unknown to Siva. Variety entertainment is a peculiar feature of the saint's office. There are always such diversions in Siva's work. People coming for the first time start giving Bhajans at a mere call of the divine sage.

Siva wards off all inactivity. The saint is lending ears to the personal conflicts of the workers as well. In his own jolly way of talking Siva would ask "Did you give him a blow ?" Answer comes 'No'. 'A kick' says Siva,

In a mysterious way, Siva is teaching the masterpiece of his instructions ":Bear insult, Bear injury highest Sadhana."

What power is there to challenge the power of this saint of the unique order. What about the parcels of books which are dispatched daily from Anandakutir post office to all parts of the world, Does Siva neglect them ? How can it be ? Nothing must escape Siva's sharp eyes. The slightest mistake in any address at once stops Siva to utter "Om Tat Sat" We are worth sitting in thy shoes,.

See how Siva teaches us. All of a sudden he asks a Sadhu to do namaskar to a mother. He says "Swami ji, I always do namaskar to her mentally. "Do you take food mentally" is the quick remark coming out of the sacred lips of the Saint. Siva's orders are carried out in no time. His are the most effective and appealing methods of imparting knowledge combined with wisdom.

What humility, service and adaptability mean, are clearly brought home to every mind through the simple workings of Siva's office. Even when Siva gets up to go back to his kutir to get himself merged in his own supreme Self, a lady comes and introduces herself to Siva tracing some of her generations and relations as if the Saint is interested more in hearing the names of relatives and so called relationships. To him there is one relationship of soul.

Siva hears calmly with a little sound of "Hoon" coming out of his mouth and moves on saying "Jayho, stay here."

If a person comes to ask permission to go home after a few days in the Ashram, Siva is ready to welcome him back at any time.

"Wherever you go, you must come back to this place like birds flying back to their nests." We bow to thee in deepest reverence.

Having gone back to his kutir Siva would again come out in the evening at 6 p. m. to sit with us and conduct the Satsang in the same master style.

Imagine Siva is encouraging them to sing who have no voice. He would make anyone speak a few words if not more and thus brings out the latent qualities in many. After every little performance howsoever rotten it may be Siva must use his watchwords "wonderful, most wonderful."

Siva's own way of appreciation being the only wonderful part of every item.

The glory is independent of the sun, Stars and moon. Sivanandam is eternal, pure and purifying. Thou shall be dear to the coming generations. Eyes fail to see for some time when Siva departs after the evening gathering saying Om Namah Sivaya.

We sleep with thy thoughts and wake up with the same. Thy presence renders me thoughtless.

I want nothing: Thy will be done.

9. THE RICHEST FEET

Sivananda, in whose borrowed light the sun and the moon and every thing from the lowest to the highest shines today, lends fragrance to the actions, instills courage into the low-spirited, puts misguided on the right path, shows cheer to the depressed.

Sivananda, under whose immortal feet is constantly running Ganges of Divine knowledge, has irrigated countless hearts with the nectar of his richly exemplified personality.

Sivananda who has uttered precious words; "Serve, love, give, purify' meditate, realise." has adorned millions of ears with the eternal message of Truth rendered comprehensible through his captivating, soothing, embalming, voice.

Sivananda whose glory shall remain half sung even if all the mouths under the sky join together, is shining on the darkest night and hidden in my eyes even in in the gayest day.

Sivananda who pacifies the turbulent, calms the high bound, tames the shrew, has to undergo life-long imprisonment in the human hearts.

Sivananda, thy feet are prorecting the earth like the vast sky overhead. Our misfortunes are deeply rooted samskaras: thy grace uproots them once for all.

Sivam, there is no emotion, sentiment, feeling which does not aim to merge in thee. Devotion to thy feet is emblem of our struggle we are making to reach thee. Siva, thou art the wholesome effect produced when thy thought is thought, Life becomes eternity perfumed when thy thought is cherished, nursed and kept in the safest chamber of the heart.

Gurudev, I am afraid and ashamed to say this is my humble offering; for thy feet are the richest and my offering is the poorest.

10. EVOLUTION THROUGH SIVANANDA

His is an eternal plan. Five year plan does not stand in his regime.

Saint Sivananda, sage of Anandakutir has toiled more than any university in harmonising all that is best for the practical life of an individual.

Swami Sivananda's achievements are by far greater than any nation in inducing and introducing main features of homogeneous development in the sense of right living, how to behave in society, adjustment with diverse temperaments, adaptablity unto various circumstances, helping the distressed, exchange of kind words, kind looks which go a long way in settling much of the disputes and subsiding hue and cry.

Sivananda is sparing no pains to bring weal to the mankind at large, to restore them much needed peace, to wipe mental and physical unrest among masses, to benefit one and all in every aspect of one's life and ever to transform human nature into divine; the most renowned man of the day whose supermanhood stands unchallenged, saint Sivananda has brought forth a centre for our evolution, Ananda Kutir.

Transformation of animal nature into human and that again into divine is not a day's process. It might take us births after births to evolve but the greatest consolation before us is the field the ground of which is irrigated by the sacred waters of spirituality, hardly any one is unaware of; it is Sivananda Ashram which looks to our welfare more than we do.

Chancellor of the mighty Yoga Vedanta Forest University, millions of times greater in worth than Bhakra Dam; one who surpasses the biggest mechanical Engineer of the destiny is the world thriller Sivananda.

The philosophy of Vedas, theory of religious practices prevalent in India and abroad, among Hindus and non alike, are enclosed in a nut shell by the great seer, in not more than four words 'Be good, do good'. He does not rest content with the lopsided training of the youth. However much of strain he may have to undergo, he must see that every side of an individual, every aspect of life, is nourished well. He himself looks after everybody is truth confirmed by countless souls. He gives food to our five Koshas simultaneously. One of the most striking ways of imparting education to the lay and advanced beings is his day to day talks to the visitors and aspirants. He does not have to rough his thoughts. They come out spontaneously. Very often phrases, somewhat half sentences which might lack one or the other, subject or the predicate, find most suitable, exact, to the point reply to the question of a visitor.

One stray word from the mouth of this self-realised sage saves the trouble of going through an entire book. What great evil, it has nipped in the bud, only he, the intuitive sage, knows. We must obey him. Let us not interpret his ways for he is beyond the range of our intellectual horizon.

"Jealousy is a common disease from which every one is suffering" said Siva, the other day. 'It leads to anger which upsets and makes one's life miserable.'

"Love all, see God in every face;" he has dinned into countless ears and he is ever toiling in emptying all hearts of impurities and rendering them repositories of love, truth and Beauty. Siva is throwing seeds of spiritual. mental and moral encouragement every second. It is a bliss to hear him speake short, sweet, broken sentences full of wisdom and educative humour. He is casting pearls on the way for the wise one's to weigh. How often he has thrashed out the heaps of ignorance accumulated in the minds of an individual is very well known to them who sit in his presence and them also who pick up rapturous delight in going through his priceless books, Immortal divine treasures,

I bow to thee, master divine the archiect of a New. Era, Sivananda, Glamour of Himalayas, resplendance of India. Light of the World.

11 INCOMPREHENSIBLE GLORY-

Is there any other office in the world like the one thou hold where eatables are served instead of calling explanations demanding justification for rude behaviour or charging somebody with disciplinary actions and so on. With all this coming as knocks and blows, see how we obey more or less flatter too to get what ultimately God alone knows. Just opposite to this is thy office, Guru Dev which gives more, much more. Perhaps there is no proportion at all between what it gives and what it demands. Purification of our hearts, sincerity in what do and talk, honesty in all our dealings are the prerequisites we are expected to equip ourselves with but thy oceanic Self ignores even that and permits us to get what Gods in heaven are thirsting for—thy pictursque looks.

We have no shoulders to carry thee neither hearts for they are dust-bins, eyes are fitted with stones: where must we contain thee, we don't know; we don't know certainly, we don't know.

Maddening are thy ways; incomprehensible is thy glory, the hollowness in us can only console itself but never reach the edge of satisfaction it is fluttering to touch. May thou ever remain with us; for in us we have to undergo severe tests, fail and pass lies in the hands of Examiner and that is you Guru Dev, Supreme Lord.

12. WORDS OF WISDOM

The astounding force thou employed in pouring forth words of wisdom last night, beloved Guru Dev, was nothing short of a miracle; thy own, of course. Thou gave blow to all impurities, selfishness, jealousy, desire in every heart. The minds set on shelling out agnostic views. The vast ocean of falsehood sank into microscopic narrowness and truth alone began to shine on every face.

Tremendously encouraging and shockingly surprising was the way thy words worked magic on all beings. We were conscious of thee and thee alone, forgetting even the consciousness due to which thou alone were perceptible, most beloved to the ever increasing lovers of thee Guru Maharaj.

Thy personality is comprised of a unique blend of of the highest spirituality and every-day human psychology. Each sentence spoken by thee characterised one person or the other. But how do thou mark out the individuals so carefully. What enables thee to measure every heart to the nearest accuracy.

Truly indeed art thou the greatest, the noblest and the most precious treasure worth treasuring and holding fast, nearest and dearest to each and every living creature he universe.

Hairs stand on ends and tears trickle down from eyes to hear how greater than the greatest in thee set forth on the path, leading to the unravelling knots of the mysteries of the Supreme and then taking humanity in thy embrace to show the Light Divine thy presence sheds wherever thou tread. We like leaves could have been driven to any corner by a single blow of wind but for thy grace, having had mercy on us, brought us at thy feet. Can we anyway show our gratitude to the feet whose compassion put us on our feet ?

Glory, glory eternal to thee. Gloriously glorious is my Beloved, Yes most beloved and much more that most, Guru Dev known to the world—Sivananda.

Om Tat Sat.

13. IN BLISSFUL COMMUNION

My religion, God and morality, perfection and truth is Sivananda, in whom I find no flaw. Whatever good there is to see one finds in Sivananda, an ideal IDEAL before the modern universe. The past speaks through him; he is the exponent of modern and ancient culture; to him everything appears absolute—that is why he has no time to think if the person he is giving his benedictions is a man, woman or even a child. His thought, word and deed are rigidly connected together. Even the voice which puts the word in audible state is impregnated with the highly evolved essence of life-force. At every step truth and Sivananda have balanced, the two, beauty and Sivananda have shown their kinness, love and Sivananda have walked hand in hand. Patience, humility and compassion are constant companions of Siva like Brahma, Vishnu and Siva. Charitable hands, magnanimous mind, compassionate heart are the three aspects of Sivananda. Equanimity, peace, purity and perfection are the devotees of the mighty sage.

In blissful communion with the Lord, inseparably united with the Feet, is the

DUST OF HIS FEET

14. AM I JUSTIFIED

To you alone--the sweetest of the sweet, the greatest of the great, the pleasantest of the pleasant, the mildest of the mild, with all humility whom I call my own self, I dare approach in full reverence to get justification to all what I wish to say:

1 What will you say if I say, all that I say, should become exactly what you say.

2 Loving you is my fortune. Seeking you is my goal. How fine !

3 Is it not a fun ? You being established in my heart, you--the ideal is ever far.

4 What harm, if your thoughts are mine and vice versa.

5 My ideal is you. The ideal of my ideal–is you. What clash !

6 I am proud. I feel for them who are yet denied the grace of the sighs of thy holy feet.

7 I have a wish--the only wish, may be. That 'Siva' ought to be on lips of the entire humanity.

8 My joy is infinite, having found you.

9 Thy feet and myself—the dust of the dust of the Feet, are inseparable, come what may.

10 I am yet at a loss to know you.

15. CAST OFF 'SHOULD'

Satisfaction in the sense of contentment can be shared by any human being provided the egoistic 'should' is dropped off in a special case when that being wishes to make use of this wretched word 'should' in the case of Guru Dev, Supreme Soul. "Guru Dev should do this or should have done so," such like abominable, abnormal, meaningless, perverted sentences must not enter the brain in any case.

Complete Santosh is awaiting those to crown who have wished good life to 'should' so far as thoughts concerning Guru Maharaj are meant. But here too, it is the grace of Guru alone who can make us think so. They. whom he has granted this, may not be superior to others but they are definitely happier than others, more cheerful than others and more contented too.

16. I LOVE SIVANANDA ?

With what face can I dare say I love Gurudev ? If I had done something which could speak of my devotion, if I were worthy of expressing a truthful statement pertaining to the real worth of Guru-Bhakti present in me. if I had made an attempt to rise above narrow-mindedness, to visualise the greatness and grasp the subtle ways of Gurudev, if I had availed myself of opportuuities lent by Gurudev to imbibe the spirit of sacrifice and sincerity, if I had shown an inkling to exhibit what urgency of purpose means to Gurudev, if I had toiled to understand what Sivananda stands for, if I were honest enough to my own self, methinks I could have been a bit justified to say I love Sivananda.

As the disc of starry heavens is dancing around thy seat,
I, too, have had my fling in weaving homage, gratitude to meet.
Those charming, twinkling Feet,
of Siva I remember with every heart beat,
From Sivananda to Pushpa for Poesy,
Ha Ha Ha—How sweet a treat.

CHAPTER FIVE

POETIC HOMAGE

1. I WORSHIP SIVANANDA

Let this garland entwine thy holy feet,
This garland of jasamine roses sweet,
My devotion to thee this wreath conveys,
A humble devotee of yours am I, my Lord!
Oh, to worship thee in meditation,
I find no flowers worthy enough.
To worship thee and thy thoughts
I lack the language and expression both, My Lord.
Thy greatness excels, magnanimity surpasses all.
Pray allow me to share thy noble thoughts.
Accept adorations, prostrations.
Thou I worship, Shiva, offering all, my Lord.

2. AROUND THY LOTUS FEET

Around thy Lotus-feet with petals of Love,
My humble devotion and love do I unfold.
Oh: the image of Beauty Divine, I bow to thee,
Thy face is wrapt in joy, Bliss, I salute thee.
Thy path of wisdom, freedom from birth, to me is new.
Few have known the unknown as is known to you.
Embued with Mercy, Magnanimity, Sagacity Supreme,
Crowned with joy, serenity divinity extreme,
Blessed are those whosever beholdeth thee,
Though once in life, their sins are cast aside,
Apostle of Love, Torch of Truth, the Faith of many a soul;
Thou Holy Sage, teacher and guide of countless more.
Myriads extol thy Life Divine abroad
Thy thoughts have attracted many, living ashore.
Ashram of Sivananda, abode of peace is open to all.
Steeped in purity, it is a sacred shrine to all.
Every Ashramite symbolises purity of thought,

Ready to carry the Mission Siva has sought,
Glory to Siva, Long Long Live Swamiji.
The noblest of works God has trusted unto Thee.
To Thee, devoted shall I be ever more,
And taste, the Grace ever Thy Holiness shall pour.
Full of fears, ignorant child that I am, I fall To touch Thy feet,
Know not I where to go, Pray
Let me stay,
Till my Goal I reach.

3. SIVA'S TALKS ARE CAPTIVATING

Thou art the greatest Reader, Siva
Thy talks talk to the silent, puzzle the egoistic and bewilder the ignorant.
Thy talks inject life into the lifeless.
Thy talks are blood to the anaemic
Thy talks lend wings to the soul
Thy talks are toothsome.
Thy talks are essence of Gita.
Thy talks are secrets of self-realisation.
Thy talks are sugarcandy and butter.
Thy talks are songs of Krishna played on Flute.
Thy talks are joys of Atmic Bliss.
Thy talks are wisdom of centuries.
Thy talks are riddles.
Thy talks are peeps into the mystery of God.
Thy talks are inventions of the scientists.
Thy talks are music to the ears.
Thy talks are architects of man's destiny.
Thy talks are strengthening.
Thy talks are relishing,
Thy talks are antisceptic.

Thy talks are oxygenic.
Thy talks are glucose.
Thy talks are waves of Ganges.
Thy talks are soothing and comforting.
Thy talks are maintenance of our bodies.
Thy talks are fascinating.
Thy talks are art of the artist.
Thy talks are genius of the Saints.
Thy talks are models for decorum.
Thy talks kill the impurities of mind and heart.
Thy talks are both exact and exacting.
Thy talks are appetising.
Thy talks are divinising.
Thy talks are sharp.
Thy talks are pick-me-up.
Thy talks are flashes of Light.
Thy talks are bestower of liberation.
Thy talks are dynamic.
Thy talks are "All work combined with play".
Thy talks are passport for heaven.
Thy talks are intuitive.
Thy talks are lessons to humanity.
Thy talks are love of God.
Thy talks are language of God.
Thy talks are very dear, most precious, extremely relishing to me.

4. SEEK

Seek the wisdom of the Yore
In Siva's books of Lore,
Study of which will not bore
Them, alone who wish to Soar,
Follow his dictum of Four
Serve, Love, Meditate, Realize to the core
When God does open to you, His door,
Let All Siva's Grace implore.
Glory to Guru, Shall echo from every pore.
Of body, we care to seek no more.
No more.........No more.........No more.

5. THY GLORY IS ENDLESS

The circumference of my births
Shall never be complete;
For I have to be born
Infinite number of times
To sing Thee, SIVA !
Thy glory is endless !
My births must be endless, too !
Only Pure have the right to exist;
For thou Thyself go to them !

6. WHEN SIVA WAS CHILD

When Siva was child, millions stood in line
And watched the kid divine.
A few had fortune and carried him in the lap
Rocked his cradle, sang lullaby, induced to nap,
Glory to her whose milk he sucked day and night
Who never could bear him out of sight.
The child grew up a handsome youth, mind's eye's cure
Pride of nation, beaming with irresistible lure,
He served the sufferers from diseases all kinds
Gave life and freed bed-ridden from which binds
But Siva sought peace which never would cease
Hence he gave a kick never did back he look
The dwindling temptations, unseedly sights
Of universe engaged in endless strifes
Today he shines as Lord Sivananda of Himalayan heights
Through daily actions, thoughts and words Gita he cites
He lights whole world with divinity and eighteen more ities
Who say we don't know, over their lot, dust pities.

7. BEAUTY OF SIVANANDA

Beauty of Sivananda
Has surpassed all Beauties
Shaped by God;
It is not a wonder any more,
If SIVA goes out,
He shall come across
Millions of such temperaments.
Why? Is there any shortage
Of such souls here itself?
They may remain dumb,
But the hearts express themselves
Silently even better!

8. STORY OF SIVANANDA

The so called humanity
Blessed with eyelessness
Steeped in utter foolishness,
Clad in extreme passionate demeanour,
Judges Gurudev
In their own fashion
Are condemnable, reproachable,

9. RECEIVE LIGHT OF SIVANANDA

Understanding of Sivananda
Is not within the
Intellectual range of anyone;
What is that, then,
Which CAN enable us to know SIVA ?
We must wait and wait patiently
Till Siva Himself showers his grace
And makes us have
A telescopic view of him.
Secondly, the hearts have to be
Chopped off the stinginess
Accumulated there since ages.
Create a void first
To receive the Light of Sivananda
For it shall not enter
Till the room is completely vacated
Of all vasanas;
Moreover the cross section
Of the streak of his Light
Just fits the cavity of the heart !

10. OVERCOAT FOR THE LORD

Sivananda, Beloved of Radha
The Presentation of Her
Tremendous Love
In the Shape of Lovely
Overcoat
Thou has got to wear
For untless years.
We all greet thee
And this New Coat
Thou art going to use
Till Humanity is merged in Thee.

11· IMMEASURABLE SIVA

Thou hath filled me with Infinite Faith in thee;
Why should I borrow it from those whom I may have to return
What they lent to me.
So, some judge my Siva as miracle maker.
The knower of the knower is Siva
Whose greatness is independent of the
Performance of Miracles.
Swami Sivananda is not measurable.

HAIL ! HAIL ! GURUDEVA !

Hail Hail Gurudev Hail; Hail Hail Gurudev Hail;
Hail Hail Gurudev Hail.
Hail Hail Sivananda Hail; Hail Hail Sivananda Hail;
Hai Hail Sivananda Hail.
Hail Hail Brahma Hail; Hail Hail Vishnu Hail
Hail Hail Siva Hail; We find them all in him.
Hail Hail Krishna Hail; Hail Hail Buddha Hail;
Hail Hail Christ Hail; We find them all in him.
Hail Hail father Hail; Hail Hail mother Hail;
Hail Hail brother Hail; We find them all in him.
Hail Hail mercy Hail; Hail Hail Grace Hail;
Hail Hail glory Hail; We find them all in him.
Hail Hail Sivanand Hail; Hail Hail Sivananda Hail;
Hail Hail Sivananda Hail

रे मेरे लाड़ले

(राग काफी)

मेरी कविता के संगीत 'शिवानन्द महाराज'
मुझे बहुत बहुत तुम प्यारे प्यारे हो महाराज।
मेरी अंखियन की तुम ज्योति 'शिवानन्द'
मेरे जीवन के अभियान शिवा,
मुझे बहुत बहुत तुम प्यारे शिवा ।। मेरी कविता······
नाना विधि शृङ्गार तेरा कर,
'रे मेरे लाड़ले' तेरी छवि को निहारूं ।
तन मन कर दूँ न्यौछावर तुम पे,
तिस पर अपने भाग्य सराहूँ मैं।। मेरी कविता······
हृदय-प्रेम के कुसुम बिछाऊँ
जिस ओर पड़ेंगे चरण तिहारे
माया बंधन काटो अब तो महाराज

स्वागत–गान

(राग शंकरा)

स्वागत शुभ जन्म-दिवस आज,
लो शत शत शत शत प्रणाम।
गुरुदेव शिवानन्द प्रभु बधाई,
दरबार की शोभा वर्णन न जाई।
'शिव आनन्द' के दो अक्षर में,
सब सुख शान्ति समाई ॥ स्वागत·········
चिरंजीव रहो प्रभु करो कल्याण,
'कली' में मुक्ति के आधार।
चरण तुम्हारे युग युग जिओ,
गुरुदेव युग युग जिओ जी महाराज ॥ स्वागत······

शिवानन्द चरण कमल

राग भीमपलास ताल कहरवा

मैं आई शिवानन्द चरण-कमल पर
मस्तक अपना नत करने
जिन चरणन का दर्शनमात्र ही
जीवन को सुख धाम बनाए
जिन चरणन का रूप देख कर
तारा मण्डल भी शरमाए
जिन चरणन की ज्योति अनुपम
अतुलित शोभा दिनकर समान
उन चरणों की रज पाते ही
बन गई मैं 'रज' धन्य महान!

मंगलाचरण

RAG DESH **TAL KAHRAWA**

हम देते आज बधाई स्वामी शिवानन्द जन्म-दिवस है।
शुभ अवसर पर मंगल गाओ
नाचो दे दे ताल—सखि मानव कल्याण
हेतु शिवानन्द भये अवतार
प्रभु के गुण गाओ सब मिल
जाकी कृपावस चांद निकला
सुखदरूप प्रेम-स्वरूप
स्वामी शिवानन्द का

जन्म-दिवस गान

(श्री पुष्पा आनन्द)

राग बहार ताल कहरवा

आरोहावरोह—नी सा ग म प ग म ध नी सा
सा नी प म प ग म रे सा।

आठ सितम्बर धन्य हुआ
जब शिवानन्द ने जन्म लिया।
इस पुण्य पर्व पर हर्षित होकर,
गाते सब शिवानन्द जय।
गगन झूम उठा वसुधा नाची,
आज शिवा ने जन्म लिया॥ आठ..
आकाश ने पुष्प बरसाए
अबीर गुलाल का तिलक किया।
सुरगण ने संग लिए बधाई
आज शिवानन्द जन्म हुआ॥ आठ....
हमको भी तुम दो बरदान
सच्चिदानन्द दया निधान।
शिव सुन्दर जियें वर्ष कई
कोटी कोटी कोटी हजार॥

विरह गीत

राग जौनपुरी   ताल कहरवा

आरोहावरोह=सा रे म प ध नी सा। सा नी ध प म ग रे सा।

देखत देखत वाट दिवस कई बीत गए।
क्षमा करो अपराध गुरुदेव,
दर्शन दो भगवान ॥
तुम बिन जिया न जिए समान।
सांस निकलते ही रुक जाते
प्रभु दर्शन देकर दे दो थाम। मास कई बीत गए....
कब देखूंगी गुरुदेव प्यारे,
आफिस और सत्संग में बैठे,
स्वामी शिवानन्द मानव की
मानवता के सहारे ॥
कह दो न, अब देर नहीं है
क्षमा हुए अपराध तुम्हारे। वरष कइ बीत गए...

गुरु दर्शन

राग-मिया मल्हार ताल कहरवा

मुख्य अंग— नी ध नी ध नी सा रे प ग रे सा,
नी ध नी सा नी प म रे सा।

गुरुदेव तुम्हारे दर्शन को,
उमड़ घुमड़ सब आये हैं।

कई निकट औरु कई दूर से
शिवानन्द नाम सहारे आज
यहां आ पाये हैं ॥१॥

गुरुदेव तुम्हारे दर्शन को,
उमड़ घुमड़ सब आये हैं।

गुरुदेव तुम्हारे चरण कमल सों
विनती करूँ मैं बारम्बार
मन सदा रहे गुरु चरणन में,
तुम राखो मोरी लाज ॥

प्रेम पुजापा

संत शिरोमणि शिवानन्द स्वामी,
तव गान करन को मैं आई।
पुष्प बेल नहिं धूप संग में,
नहीं पूजा की थाली।
केवल श्रद्धा और प्रेम ही
अर्पण करने मैं आई।
गुरुदेव, गुरुदेव,
गुरुदेव, गुरुदेव
यही रटत तुम्हें रिझाऊँ
सर्वव्यापी अंतरयामी
व्रत लेने को आई।
तुम मेरे शिव हो स्वामी
भव का भय नहीं मुझे अब तो
चरण कमल सों मैं लागी
तुम तो प्रभु हो गगन महान्
'आनन्द' भी अब कुछ कम तो नहीं
शरण तुम्हारी आते ही
बन गई परमानन्द महान्।

STORY OF SWAMI SIVANANDA

STORY OF SWAMI SIVANANDA

A million millions of births. I must take and learn how to pronounce Sivananda. It is the eyes and the mind which incessantly watch and meditate on thee. How long ?-they must answer. One who tries to probe into thee, gets lost into the maze of thy bewildering personality. What more than headaches hall they meet who can't afford but attempt to know the implications of the colossal-mind of Sivananda.

1· CONSTANT REMEMBRANCE

Sri Gurudev,

Thy kindest blessings for my mother, I received with greatest reverence at thy feet when thou art the sole protector one feels at perfect ease.

There is nothing which can tempt me or even draw my attention for a second. When I am engrossed in work and if by chance the work appears to have monopolised whole mine, even then I am proud to say my innermost self has always been at thy feet. Those moment are few when I stopped revelling in thy sweet remembrance.

There is a constant analysis I am prone to have most regularly to find out if anything apart from Sri Gurudev's thoughts, ever occupied my mind. The busiest moments have answered a definite no to any other entrance in my mind. Mother is deeply indebted to the feet. She has implicit faith in thy august self. She is sure to be alright when thy mercy has blessed her, Gurudev, thou art the greatest man of all times. And thou hath picked up the lowest creature—me—by thy master divine hands. Let me, enable me, O Precious one, to devote my completeness to thy feet.

My eyes be taken out before they fall on something other than thy feet. But Sri Gurudev might feel like having an idea as to why I write what I feel. May I approach thee with the greatest of humility and beseech thee to ignore my defects although there is no end to them. If not thou who else can and shall forgive me, Gurudev. Thy mercy is as great as thou art, may be greater than thou art, Sivam, my Gurudev. Pray accept my prostrations on thy majestically divine feet whose dust I am striving to be.

At the feet,
DUST

2. THY FEET IGNITE

My most magnanimous Gurudev.

I got parcel containing three lovely pieces from thee. Who are the fortunate beings, those rare blessed ones who have to be crowned with the possession of thy blessings.

How gracious are the feet; the very thought of them kindles blissful sparks in every pore of one's body. One gets packed in a mood which is akin to continuous trance when Sivananda alone enters the mind and heart, Guru Dev.

May thou live long. Every to-morrow may make thee more vigorous and fresher for thou has to awaken immortality in every living being.

—Pushpa Anand.

3. PRAYER

O my Beloved Gurudev, Miser in the distribution of devotion unto thy blessed Feet,

Avoji, Gurudevji, rest in the chamber of my heart. If Sambhar pleases thee, I shall prepare that only. If coffee, thou relishes, I shall have a cup ready for thee but do come to me to give a wash to my sinful heart.

When shall I remain completely immersed in the remembrance of thy blissful divine face, luminous sacred feet, soul-purifying touch of the dust of thy jewel-like feet fit to be studded in the crown worn by Gods in heaven.

Give me, give me Gurudev, give me the patience of Sabari to wait for thee, love of Mira to sacrifice everything for thee. Sivananda alone must I behold in everything I see. Love-laden prostration at the feet of my Gurudev whose grace alone can enable me o reach my goal, claim my heritage to the dust of his feet.

Dust.

4. NEW YEAR PRAYER

O my Merciful Lord,

May thou be merciful to us this new year! and grant us the boon that thou shall live for countless years more. We crave thy mercy only in this and allow thee to be as much cruel, heartless as thou wish in everything else other than this. Lord of Sivanandini, Heart of the mankind, Soul of the Universe, thy feet be fitted in my eyes. Crores of prostrations on thy beautiful feet.

DUST

5. THY WILL BE DONE, GURU DEVA

Our Beloved, Revered, Dearly Treasured, Most Precious Guru Deva.

Prostrations on thy fragrant feet whose dust we are striving to be.

May we approach thee with all the heart, mind and soul coloured with colourful joyous greetings of Holi and colour thee with the love, devotion, and faith we have for thy holy feet, to stand in the way of

Thy will. Thy will be done. May Thou live long. May Thou ever shed divinity, Power and wisdom even when the sun stops to give light and sky refuses to protect us. Thou art our eternal prop, support; can we hope to breathe without Sivananda ?

Sivananda, Sivananda, Sivananda Pahimam;

Sivananda, Sivananda, Sivananda Rakshamam.

These lines represent the inner Bhava of souls crying from another shore to reach the one where Lord Sivananda resides.

DUST

6. INTEGRAL YOGA

My Precious Beloved Gurudev.

Prostrations on thy holy feet whose dust alone can purify our hearts.

Thy kind gift 'Integral Yoga' by Sri Venkatesanandaji has lifted me to the realm of ecstacies. I wish to read it again and again and unless I make at least fifty people more to go through it, I shall not get peace. Why fifty alone, whole world must digest the eternal truths contained in this invaluable volume.

Sivananda, Apostle of Peace and Love and Integral Yoga both of these are sufficient to thrill any number of worlds. I have no words to describe the glory of these two, I am simply lost in expressing my admiration for thy greatness is such that none can measure it by words.

Sivananda, my Lord open my eyes, enter my mind, thou wisdom supreme, but for thee who shall save me.

DUST

7. MY GOAL

Gurudev,

Countless Prostrations at thy Holy Feet.

To-day is the most ecstatic day of may life. My soul is singing songs of gratitude, hymns of thankfulness, verses of reverential homage at the sparkling feet of my dashing Guru Dev whose glorious holiness has fed me to my fill, enriched my heart immeasurably.

Thou hath done me the most marvellous wonder. Gurudev, I shall try my best to invoke thy grace to enable me to reach my goal which is to my mind not anything else but to be the dust of thy blessed lotus feet, ever studded in my eyes.

May thou ever remain blooming with healthful, longest span of life. Thou art eternity; Sivam. I offer everything to thee. There is no reserve with me now.

If I say no to thy command and keep anything as dearer than thee, I be doomed instantaneously.

Live Long most blessed Lord. Be thou ever be shining most brilliantly. Accept my Love, guide me.

I am
First dust of thy feet
and then anything else,
Nay, I am only dust of thy feet.

8. I HAVE NO OTHER GOD

Guru Dev,

Prostrations on the feet of Bhagwan Sivanada. Infinite thanks for the new book containing the beautiful photo of thy majestic lordship.

Your kindness cannot be repaid by us. We are helpless. Thou art feeding us lavishly on thy love. We are getting accustomed to so much of indulgence. I fear, my head may not burst someday.

Which God and whose realisation shall give me greater satisfaction than what I have already attained in finding thee, Guru Dev. There is no more hankering left in me now ever since, I have seen the unimaginable, the ununderstandable, the visible, Swami Sivananda.

I have been disobeying thee, I know for there was a command from thee that I must do japa. Probably the pile my sins will get higher and higher. What more shall I gain if I do Japa? There is no God who fascinates me more than Sivananda and I don't wish to pass on to anyone else.

May thou ever remain shining brighter than countless suns.

I am,
Dust of thy feet,
Gurudevji.

9. JAY SRI GURUDEV

Most Most beloved my, own Guru Dev,

Countless prostrations at the Feet of my Master in whose love I find myself drenched through and through. My eyes must not see anything but Sivananda and mind must think the same; Guru Deva be thou pleased to grant me this. Pray give me strength to obey what all thou say and command me to obey.

A person like me, full of weakness (not one or two) looks at thee alone to draw energy and strength to cope with the weakest moments of life. Thou alone know what is in store for me. My future is in thy hands. When everything is at thy mercy what can't I claim as my share. I wish the intensity of my feelings for thee should be so great that I must be able to see thee whenever I think of thee, may be every moment of my life is meant for thee.

My shortcomings are glaring enough to be known to thee, Guru Dev, yet thy compassion is so powerful that we get ourselves released in no time. Won't thou accept my loving prostrations at thy feet millions of times.

May I beg to remain,
Dust of thy Holy Feet,
My beloved Master
Pushpa Anand.

10. A DEVOUT PRAYER

REVERED GURU DEV,

Countlessly countless Prostrations at the sacred, Self-luminous lotus like indescribably endearing, exquisitively fascinating, ever liberating the souls caught in the whirlpool of truth and death—the two beautiful Feet of my Guru Bhagawan Sivananda.

Winsome in smiles, expressive in looks is my *Master.*

Wholesale is thy generosity.

Let me see if thou shalt grant me one thing that all my years of life I have yet to live, *be thou pleased to accept* to be *added* to *thy life*, Guru Dev for *world stands in need of Sivananda.*

What is there which cannot be sacrificed to make thee live on and on.

Sweet Guru Dev, *don't be bitter against thy nature* and *promise* thou shall be *with us for ever and ever*.

11. LONG LIFE SIVANANDA

My Beloved BELOVED

Prostrations on the holy feet whose dust I am privileged to be.

With the letter written by thy lovely hands, came the wealth of the three worlds to me. Even if I stand head long and keep on praying to thee throughout this and many other lives, it shall all be falling short of thy mercy and compassion. Pray don't put us to more of trials, Gurudev. I am doing Japa of Mahamrityunjaya Mantra, pray get well quickly, quickly.

How eagerly and keenly I am looking forward to the day when Beloved Gurudev shall be giving long awaited Darshan. My eyes shall get back eye sight, mind shall be composed and heart satisfied.

Live long, thou, light of the universe My Sivanandam reign till eternity. When shall thou be pleased occupy thy seat in my heart. The very thought of my Sivam is much more than Moksha to me. Every word which comes out of my mouth must be 'Siva and nothing else.

Dust is offering itself on the feet of her Master.

Won't you accept her.
Beloved Gurudev,

12. ANANYA BHAKTI

Most Most Beloved my own Gurudev,

Countless prostrations at the feet of my Master in whose love I find myself drenched through and through. My eyes must not see anything but Sivananda and mind must think the same. Gurudev be thou pleased to grant me this.

Pray give me strength to obey what all thou say and command me to obey.

A person like me, full of weaknesses not one or two, looks to thee alone to draw energy and strength to cope with the weakest moments of life. Thou alone know what is in store for me. My future is in thy hands, when everything is at thy mercy why can't I claim my share.

I wish the intensity of my feeling for thee should be so great that I must be able to see thee whenever

I think of thee, may be every moment of my life is meant for thee.

My shortcomings are glaring enough to be known to thee, Gurudev, yet thy compassion is so powerful that we get ourselves released in no time. Won't thou accept my loving prostrations at thy feet millions of times.

May I beg to remain,
Dust of thy holy feet.

13. SIVA'S VIRAT SWARUP

May it please thy gracious majestic self,

Salutations and prostrations on the glorious feet of Sri Sat Gurudevji Maharaj. Loving prostrations on the holy precious wishfulling dust of the magnanimous, merciful, soothing fragrant feet of my most most bewitching, most most beloved, most most benign, most most, beautiful, most most Baby-Like, and most most bold, Sri Gurudevji.

Ah, a thought of thee is more than the rarest gift in the eys of the rest of the world. If Ganges is proud to flow under thy feet, Guruve how much more should I feel proud to be the dust of the feet of thy highest divinised self. Aren't thou my meditation ? Aren't thou my very AIM ? Then why are thou keeping me far from thy feet ?

The drops of the rain and the rays of the sun, they are all permeated with the grace of Sivanandam, one is wet with the glory, another is shining with the light of Lord Sivananda alone.

Sivam, who is he whom I cannot miss to see even for second and whom I have not let my eyes behold for the past so many days. If eyes could write and heart could see, there might have been a more genuine description of the loving disposition of greatest among the saints today.

Sivam alone is supreme, the rest is farce. This truth is very well brought home to me. May thou ever be a cure to our ills.

Gurudevji long live, long long live Gurudevji.

I am the dust of thy feet.

Dust.

14. SELF-EFFULGENT FEET OF SIVA

Dehra Dun, 6th August 1955.

Most, Most; Most Beloved, Revered; Educative Gurudev,

Prostrations on every inch of grain of dust that comes in touch with thy supreme, auspicious; divine feet. "Give my namaskars to flower dust". Ha Ha Ha. Dust was not available anywhere, so the Namaskars are safely kept as a sacred gift from thee, Guruve.

My tears are impure, could Ganges lend me some water to wash the feet of whom Devas are pining to behold, what to say of touch.

With crores of prostrations on the holy lotus-like divine courage-infusing self-effulgent feet of Sri Sri Sat Guru Sri Swami Sivananda Universal Gurudev.

Dust.

15. MY PRIVILEGE

Dehra Dun, 29-1-55

Revered Gurudev,

The Great Lord Sivananda before whom all bow down and vie with one another over 1st, 2nd positions in touching whose feet, dust is perpetually privileged, to be the first and last in getting blissful contact with the sin-destroying Feet of her lord—well-known to the world Sivananda.

Can I ever be fit to send my thanks for the beautifully graced diary autographed by you ?

What is Sivananda ? Who is Sivananda ? I have not understood at all; yet in my own meagre and feeble way I shall by the grace of Gurudev try to sketch portrait of my beloved. I am patiently waiting for the day when I shall SEE my Gurudeva.

Prostrations on the holy feet.

From

Dust.

17. SIVA'S GENEROSITY

My Supreme Gurudev,

Numberless times I crave thy permission to bow to touch every atom of the dust of thy sacred feet; my Master. Nothing has ever happened without thy knowledge and previous sanction. It is thy generosity alone Gurudev which permits us to come to thee empty handed and go back loaded with lots of gifts material and spiritual still none unaccountable.

All my prayers be fruitfull in offering my gratitude at the object of my adoration—Feet.

Dust.

18. DEVOTION TO HIS FEET

Beloved Guru Dev Salutations and prostrations on thy holy Feet.

How I remain immersed in the blissful thoughts thy gracious feet have granted me.

The two feet, ah, even thousands of eyes are insufficient to behold the beauty in them. Thou hath given me only two eyes, they are too modest to look at thee.

How can I say thou art compassionate ?

My dearest, most sacred, precious treasure is the sight of the feet of my highly revered Guru Dev.

Prabhu, thy Plan is divine. Thy work is God's own. There is no scope for why and how ?

Still my beloved Master, I, do feel like using "why" in one case. Gurudev, why art thou so kind to me ? Why have thou showered so much of grace on me, Gurudevji ?

Sweet Gurudev, let the world be completely drowned in the nectrine devotion at thy feet.

Kindly cancel everything but listen to one thing, the genuine prayer of my heart, the only entreaty of my soul—Gurudev, live long, live long, Gurudev. We want thee and thee alone. With crores of Prostrations at the feet of Gurudev.

—Pushpa Ananda, M.A.,

19. A LIFE-GIVING DREAM

My Dearest, Sweetest, Closest Gurudevji.

Loving Prostrations on thy feet. I sent some thoughts conveying homage at thy feet. Hope thou hath got that. I am waiting for the Dussehra holidays to take me to the Presence. I was laid down with fever and cold for the last ten, twelve days. I am going to College to-day. When I was on bed, I dreamt of thee which gave a bath of blissfulness to my whole self.

There have been many occasions when thy grace came to me in dreams in my hours of distress. They were so vivid and meaningful. I have never mentioned them anywhere because I do not wish them to be known to all. They are my personal sacred gifts from thee. Only thou must know or I.

How could I describe the Pleasantness of my dreams. They are unique, undreamt by any one else.

With all my love at thy feet,

Pushpa Ananda, M.A.,

20. LIFE-TRANSFORMING DARSHAN

Prostrations to the sacred Feet of Thine, whose, Dust I am privileged to be. I' don't deem myself worthy of offering gratitude for the kind visit my Gurudev paid to this Town and my humble house. My life renewed. My head is brimming with thoughts of Swamiji's visit only. How it happened is a subject of meditation for me. I have not yet regained my senses.

Guru Dev, thou art the sole refuge of millions like me.

I have not yet come down from the state of trance Gurudev had put me in by paying a flying visit to my humble cottage.

Srimati Pushpa, M. A.,
Principal, M.K. College, Dehra Dun.

21. A GOLDEN OFFERING

O my Most Beloved Gurudev, This piece of golden chocolate is too beautiful to be touched by me. I lay it on the golden feet of my revered handsome Sri Gurudev. The feet of Gürudev be pleased to accept it, I pray.

My countless, endless, continued prostrations at the glorious, immortal Feet of my Gurudev, the Feet the like of which I had not seen in the past nor will I ever behold in the future.

At the Feet of Gurudev,
PUSHPA

22. A MIRACLE

Beloved Gurudev, the architect of this and the world hereafter, the greatest man of all times, let me behold his majestic Divine Self, walking in my humble poor Cottage. Isn't it a miracle ?

Howsoever unbelievable it may sound, but I am sure I did see the Precious Beautiful Father with my eyes.

I did not, perhaps, could not serve the Lord sitting before me for the mind and heart were attending upon the SIVANANDA inside the innermost in me. O my mischievous Gurudev, did thou really roam in front of me or was it the reflection of my day-dreams.

Was I lacking in madness before ? Make me, completely one but don't forsake me now for the hands which blessed the sinners in the Past have appeared in this age to pick up the same again.

How quickly thou transformeth everybody. Thy powers excel the mightiest weapons of the scientists. None can escape the snare of thy captivating divinity, Guru Devji. The sky may rend but there should be cries of SIVANANDA BHAGWAN KI JAY ringing from every quarter. Let us ring in the bells of Long Live Sivananda, the Adorable Lord of the universe.

When shall I be fit to contain Sivanandam in me. When shall I be worthy of claiming the dust of the feet of Lord Sivananda.

23. MY OBJECTS OF WORSHIP

Let the fountain of gratitude flowing out of my heart be ever washing thy feet. I received the sacred letter from thee. Anand Mohini and Brij Mohini and Pushpa have all received thy holy gifts.

But "DUST" wants another favour. Can she be allowed to have the impressions of thy blessed feet on the piece of her saree. Whatever I get from thee; it becomes an object of worship to me.

We are all filled with immense bliss at thy great marvellous grace, thou art bestowing upon us every moment our life. Suffering cannot stay when thou art our support.

Mother is ever in communion with thee. She is repeating thy name and I am waiting to see Thy Feet.

May thou enable me to get the Darshan next week.

I have distributed books today itself. Everyone sends Namaskars and thanks for the same. How gracious is thy emperorship.

God grant our belovedest Gurudev millions of years to transform Kali into Perfect Divinity. Language is failing to describe thee. Thou art beyond our comprehension.

With heaps of affectionate prostrations on thy loving feet.

Pushpa Anand

24. SIVA'S INFINITE GRACE

Beloved Guru Dev, vibrating in every cell of my body, came to me. He did not hold the flute nor did he carry the bow; my Lord shone, did not depend upon these two. Where did he choose to stroll? In my heart or on the floor. He alone knows, my wits are at a loss.

Some said I am lucky. Yes, but I told I am the luckiest and a luckier thing than to see Gurudev, Lord Sivananda face to face does not exist at all.

Bhagwan another request is awaiting thy grant. O dear, give me as many births as there are particles of dust purified by the touch of thy holiest blessed feet of this fortunate land. May I ever remain struggling to reach thee and thou be ever trying to keep me away from thee. That is my real joy I wish I crave, I yearn and seek and run after.

Gurudevji, excuse me, forgive me for bothering thee regularly. I have never acted according to thy wishes and still thou art so very gracious to me. I feel non-plussed. How did thou sanction thy grace for me. I can't understand a bit of thee, Gurudevji, Live long Gurudevji. Humanity looks to thee. All glory to thee, Gurudevji. My warmest prostrations to the feet whose dust I am proud to be some day.

Prof. Pushpa Anand, M.A.

[illegible]
Shri Shri Ma Anandamayee Ashram

SRI PUSHPA ANAND

"A symbol of detachment and attachment to God and Guru," is how she is described by Sri R. R. Tiwari, an advocate of the Supreme Court of India. Her father Dr. R. R. Anand (a retired Civil Surgeon) and her pious mother, are unrivalled in their faith in Bhagawan Sivananda Equally devoted to Gurudev are her sisters Sri Brij Mohini (a symbol of homely affection and selfless service) and Sri Anand Mohini (a symbol of resignation, silence, patience and steady spiritual progress): so much so that the entire family serves as a symbol of sublimation—they love one another, but their affections have been sublimated by the divine touch of Sage Siva.

A brilliant Mathematics M.A, Sri Pushpa loves literature, too and is a gifted poetess by nature. These talents often soar into the mystic realms on the wings of her great devotion to Gurudev and dedication to his mission. That again has been her native character. She applies herself to the task she has set her heart to, with self-forgetful devotion.

Sri Pushpa is the Vice-Principal of the Mahadevi Kanya Pathasala College, Dehra Dun, and she acted as the Principal, too, for some time She is loved and respected by the students and other members of the staff. She is the channel at the College, as it were, through which Sivanandam flows into the hearts of everyone there. Her one self-chosen mission in life is to let more and more people bathe in the divine radiance of Sivananda, drink the nectar of his immortal teachings and attain oneness with this Eternal Fountain of Peace and Bliss. She regards herself "DUST" of Sri Gurudev's lotus-feet.

Sri Pushpa lives to sing Gurudev's glories and to serve his mission and to make all humanity do so: may the Almighty crown her mission with success, for in the adoration of the saint and adherence to his teachings lie individual salvation and world-peace.